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(GEM Series). Audited by David Pinder & Co Ltd. Chartered Accountants.

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THURSDAY, SEPTEMBER 15TH 2016

NATIONAL EYE HEALTH WEEK
MONDAY 19th - SUNDAY 25th SEPTEMBER 2016
YOUR VISION MATTERS
SEE OUR FEATURE ON PAGE 21

Christmas Party Guide
Pages 22-23

'WE'RE PRETTY MUDDY!'

The 'Pretty Muddy' 5K race – organised by Cancer Research UK – does very much what it says on the tin! If any of the women who enter should negotiate the obstacle course with style and grace, and emerge looking pristine, then a bucket of muddy water is thrown over them! Last weekend, a large group from the Cowbridge area, including mothers of children in Y Bont Faen Primary and Ysgol Iolo Morganwg, made the trip and tackled the 5K challenge – emerging grubby but smiling. Among them was Cowbridge mother-of-two Caryn Savazzi, who is in training for a rather longer run. You can read Caryn's story in the article on the right.

Twin tragedies inspire mum to run FIVE marathons...

ALL IN THE SPACE OF FIVE DAYS!

Report by PHILIP IRWIN

A COWBRIDGE mother of two is in training for a remarkable challenge – running five marathons in five days to raise funds for charity.

The scenery may be exotic – from Miami to Key West in Florida – but for 41-year-old Caryn Savazzi, it is going to be every bit as tough as it sounds, with temperatures set to move into the 30s Centigrade!

Caryn (nee Gwilliam) is Cowbridge born and bred, and her determination to raise significant sums for charity comes from two recent body blows to the community.

Last October, Tanya Floyd died suddenly, leaving a husband, Mark, and three boys, Josef, Elis and Finley – all pupils at Y Bont Faen Primary.

Caryn said: "Tanya and I were in school together from the age of seven, and we were life-long friends. My two boys, Jacob and Isaac, were friends with Tanya's boys, although they went to Ysgol Iolo Morganwg."

Tanya's death meant that many people in the community, including Caryn, were galvanised into charity runs and the like.

It was quickly decided to raise money for a running track in memory of Tanya, and work has already started on that.

However, at the turn of the year, there was another shocking blow, when James Powell from Llanblethian – another fit healthy adult – also died suddenly.

He left a wife, Sara, and three children, Henry (eight), Will (six) and Eliza (four). The two boys and their sister all attend Ysgol Iolo Morganwg.

Caryn said: "It meant that both schools have had to cope with a huge shock to three of their pupils."

Caryn had started running before the two tragic deaths. She puts it down to a "mid-life crisis".

(CONTINUED ON PAGE 4)

Eternity with Love
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www.eternitywithlove.co.uk

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Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk

• Letters and e-mails MUST include your FULL address and a contact telephone number.

An email address alone is not sufficient!

We reserve the right to edit all letters. We do NOT accept anonymous mail.

'RESPECT WISHES OF MAJORITY'

I BELIEVE that over the last 30 years we have become immune to the hypocrisy of our politicians both at local and national levels.

It now appears that the only way that 'EU Remain' campaigners can express themselves is to emulate our politicians. The letter last week from Mr Delaney is an excellent example of this.

Mr Delaney is – we know from previous letters – a keen supporter of the Welsh Assembly.

Yet he apparently feels that our democracy is flawed when 72 per cent of the electorate turn out for the Brexit referendum.

He would do well to recall that the turnout for the Assembly Referenda peaked at 50 per cent and fell to a low of 36 per cent.

Yet he happily accepts the results of those referenda. Democracy, it appears, is fine when the result is the one that Mr Delaney favours.

It really is time that the EU Remain brigade accepted democracy and respected the wishes of the majority.

One thing we can agree on is that the Brexit referendum was based on a pack of lies. Let's briefly look at some of those lies.

We were told that if we voted to leave the EU – not leave, just voted to leave, then the following would befall us...

From the office of the PM: If we vote to leave then we face the prospect of World War Three. Really!

From the Chancellor: A vote to leave will trigger an immediate austerity budget and a fall in house prices. Wrong on both counts.

From the Governor of the Bank of England and various Government economic advisors: "The stock market will collapse" – the reality is that the market is above pre referendum levels.

"Unemployment will rise" – we have seen unemployment fall since the referendum.

"Our exports will collapse" – we have seen an increase in the levels of exports in the latest reported figures.

"We will face the immediate prospect of a recession" – this has not happened.

"The EU will refuse to trade freely with us". This beggars belief given that EU countries would see a major decline in their economies.

Interestingly Mr Delaney then uses mind reading skills. He tells us that had the electorate not listened to the lies then the referendum result would have been much different.

With what can only be described as utter contempt for the intelligence of the electorate Mr Delaney also tells us that *"many did not vote because they were too confused to vote"*.

I do not claim to be a mind reader and neither would I insult those that chose not to vote; none-the-less I am left wondering, had the Remain campaign not resorted to fear, terror and lies whether the result would have been an even greater majority voting to leave the EU.

Finally, although I am happy for my name to be printed I can understand the fear of many Brexit voters given the levels of abuse generated by Remain supporters.

John A Turner, Rhoose.

'Performance of council not comparative to rise in rates'

I UNDERSTAND the frustration expressed by Steve Reed in his letter, 'Auditor General's praise for council 'rubs very raw' (The GEM, August 8).

I've taken some time to consider the Auditor General's words and the self-praise from the council.

At the start of the Auditor General's report the highlighted headline says: 'The council has a clear vision of what it wishes to achieve, and is making positive changes which should ensure it is well placed to continue securing improvement'.

A few carefully chosen words but like so many of us they know what they would like to achieve, but I'm not sure the 'vision' promises continued improvement.

The gap between 'vision' and 'performance' is very wide indeed.

The council's cabinet report converts the auditor's recognition of 'a clear vision' to improved performance and fails to mention the report's recommendations for 'balanced reporting'; 'focusing performance' – reporting on the most important areas, and the connection between 'activity and outcomes'.

Leading councillors are well rehearsed in expressing the severe financial constraints upon the council but our council tax has been raised by about 18 per cent in the last four years and I would argue there has not been a comparative improvement in performance, despite all the irritating boasts, including that the report is 'robust evidence... we are performing efficiently'.

Steve Reed is right to point out the cuts to library services and the massive increase in house building in our communities with little evidence of investment. I can also recall several very critical internal audit reports which never received the same 'pats on the back' and seem to have faded into the ether.

Dennis Harkus, FocusBARRY member.

'Some Remainers are intolerant of democratic will'

I WONDER if I might be able to make a request of serial EU referendum remoaners such as Marc Delaney – that they try to regain a little self respect and dignity and give their little foot-stamping tantrums in The GEM'S letters page a rest.

I'm sure that those of us who voted to leave the EU recognise that only Marc and his fellow belligerent remaniacs were intelligent enough to understand the mass of information that was freely available, delivered by post, online and in the media in regard to the issues involved, in order to make an informed decision on the merits or otherwise of EU membership. And also that the rest of us couldn't possibly have been intelligent enough to be trusted with our traditional right to vote.

I'm sure that all of us recognise that only future referendum and election results that meet with Marc Delaney's approval can be deemed fully valid as he has self-appointed himself arbiter general of all things constitutional, and I would highlight the huge benefit of the substantial savings to the public purse if only Marc is allowed to vote in the future.

If nothing else has been achieved following the recent EU referendum, I feel that a great service has been delivered to the British public by highlighting the intolerance and refusal to accept the democratic will of the electorate when it diverges with the political views of vast swathes of our political class, along with numbers of intolerant refuseniks such as Marc Delaney.

It seems that yet again many of those who espouse the merits of democracy really mean *'only democratic votes that go their way'*, otherwise those votes must be deemed invalid.

Kevin Mahoney, Councillor for Sully and Lavernock.

'A future under the EU was uncertain'

INTERESTINGLY, your previously pro-EU correspondent agrees now that Brexit will take us out of the frying pan which is the EU.

The long list of areas over which the UK government will resume control simply shows how much power of self determination we have lost.

We never had a referendum on giving it all away but now, perversely, some people want another referendum on taking it back!

What "exactly" will Brexit will look like? Well, what "exactly" would staying in have looked like?

How will the EU save its ill-starred and hubristic Euro and the hopelessly insolvent Italian banks?

With an EU income tax perhaps? There are moves to give us all an EU tax reference number.

Would our own armed forces have come under a European army's control? Goodbye regional funding when Albania, Montenegro, Serbia et al join the EU.

No-one knows "exactly" what will or would have happened, but outside the EU we shall have more control over our own affairs than if we were governed by the unelected and unaccountable cabal which is the European Commission.

Meanwhile, the EU economy stagnates, the Brexit recession refuses to happen and negotiations continue for the UK's own non EU trade deals.

R Bradshaw, Cowbridge.

'Stop moaning about Brexit'

IN answer to Mr Marc Delaney, because you lost don't throw your toys out of the pram.

There were plenty of lies told on both sides, but the vote was decided.

I never voted for the current party in power, but I cannot ask for another election.

The people voted, so did the MPs, so let's get on with it.

Keith Croft, Brynna.

'Nazi helmet shame' of motorcyclist

AS I and my father, who is 94, were walking along Cowbridge High Street at around 5.30pm recently, we heard a motorcycle approach.

It was a big, loud one and the rider appeared to have affected the dress of a 'Hell's Angel'.

"Each unto their own," I thought. However, my father, a veteran of World War Two, stood and stared. The rider was wearing a Nazi era helmet.

My father, who has less than pleasant memories of fighting men who were wearing the 'stahlhelm', men who had killed his comrades and slaughtered Jews and other civilians by the thousand, was appalled.

He drew himself up like a ramrod and was marching over like a man 70 years his junior to remonstrate with the rider when he rode off.

It is disgusting that this symbol of oppression and violence should be an acceptable accessory.

I hope all right-minded motorcyclists will shun and shame this dreadful man!

Tanya Millibank, Llantwit Major.

Keep Cosmeston Park free for all

YOU invited GEM readers to express their views on the future of Cosmeston Park, and here is mine:

No, I don't think it is a good idea to charge fees, for parking or entry. The reason is that there should be some free places like Cosmeston Park available for the less well off to take their families or themselves for a relaxed outing on a frequent basis.

Denying such facilities only marginalises the already marginalised sections of our community. That, quite apart from the losses incurred by these sections of our community, which too many of us these days appear to be ignoring, also has hidden longer term negative consequences because at least some marginalised persons do undoubtedly resort to anti-social behaviour, as well as more serious crime.

And handing over to private interests, charity or otherwise, should be the very last thing to be thought of.

Indeed, it should simply not be thought of at all, because it would even more forcefully bring about the undesirable situation I have outlined above.

Marc Delaney Barry.

Go to the **The GEM** for the latest stories and breaking news...
www.barry-today.co.uk
www.cowbridge-today.co.uk
www.llantwit-major-today.co.uk

HIGH TIDE TIMES

(UNTIL SEPTEMBER 22)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
15 Thur	05.59	9.2	18.23	9.7
16 Fri	06.48	9.8	19.07	10.3
17 Sat	07.29	10.5	19.51	10.6
18 Sun	08.11	10.5	20.32	10.7
19 Mon	08.56	10.5	21.14	10.7
20 Tues	09.35	10.5	21.59	10.3
21 Wed	10.15	10.1	22.42	9.7
22 Thur	11.03	9.5	23.31	9.2

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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Published by: Glamorgan GEM Ltd., Graig House, 53 Eastgate, Cowbridge. CF71 7EL. Printed by TMP.

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Livestock market land goes out to tender

AN important piece of land in Cowbridge – the sale of which is crucial to plans to revitalise the Livestock Market – is being put on the market.

The strip of land, 0.74 acres in area, runs between the existing livestock market and the adjacent playing field, and is used at the moment for car parking.

However, the Vale Council has for some time been in favour of an 'Extra Care' housing development in the town centre, and bids are to be invited for residential and/or older person's residential development.

Last week, the Vale Market Community Enterprise (VMCE) reported that its stall at the Vale Show had been busy, and that there had been great interest in their proposal to refurbish the livestock market, and also to erect a new community building, called 'the Exchange'.

Mandy Davies, the VCME chair, said last week that the council would be looking at bids for the land by potential developers by November.

The VCME is using a combination of grant funding and a bond scheme to make the project, hopefully a reality.

The land will be marketed on behalf of the Vale Council by Rawlins and Madley.

'Protect the important green space'

FOLLOWING submission of our application to the Vale Council for the Old Grammar School's cricket field to become a 'town green' in December 2014, we have now received the formal response from the Trustees of the field in which they raise their objections to the application.

The matter will now be considered by the council, who may decide to hold a public inquiry. In the meantime, however, we have an opportunity to respond to the Trustees' comments by September 30.

We feel that it is vital that the field be kept as a green space for the benefit of the health and wellbeing of the people of Cowbridge, especially the younger generation for whom exercise is so important in developing a healthy lifestyle for their future.

We have had a response to a Freedom of Information request to the council that indicates that there were plans in 2011 to sell the field, along with the lower school site.

In addition, the advertisement which appeared in The GEM (September 8) for the sale of land adjacent to the field raises further concerns that it may be the intention of the Trustees to sell the field as a development site.

Please may I, therefore, request that anyone who would like to provide further information on how they or their families have used the field in the past contact me on 07970 432292 as soon as possible. Photographs would be particularly helpful. Thank you.

Dr Anne Evans,
chair of the Friends Of Cowbridge Cricket Field.

EXCITEMENT BUILDS AS FESTIVAL APPROACHES

SEPTEMBER 17 sees the start of Cowbridge's biggest and most varied music festival yet, with eight evening concerts, a family concert, two masterclasses, two showcase concerts for young musicians, five full days of workshops in schools and four concerts on the High Street.

It promises to be packed full of inspiration, magic and unforgettable music making.

Among the artists invited this year are some of the finest of their kind, none more so than the Doric String Quartet, who open the festival, playing Haydn, Schubert, Debussy and Bartók, and the Elschenbroich/Grynyuk duo who are providing a rare opportunity the following evening to hear all five of Beethoven's cello sonatas.

Later in the week the world-famous vocal ensemble Stile Antico, leading exponents of early vocal music, perform their special programme celebrating the Shakespeare 400 anniversary with music of his time, including Byrd, Dowland and Weelkes.

The middle weekend (September 24 – 25) is dedicated to young talent and accessibility and sees the launch of two new ventures: afternoon concerts given by young musicians aged 18 and under and a variety of concerts on the High Street.

It also features the annual Young Artists' Recital given this year by two very popular local stars, soprano Ellen Williams and harpist Gwenllian Llŷr.

Ellen Williams.

The virtuoso jazz guitarist Remi Harris and his trio round off the weekend with their unique blend of gypsy swing, jazz, blues, rock'n'roll and hip-hop at the Duke of Wellington pub.

For the final weekend the festival presents the celebrated jazz singer Claire Martin, in a programme that harks back to the golden age of Hollywood with songs inspired by the legendary recordings of Ella Fitzgerald, Anita O'Day and Sarah Vaughan. Claire is joined by some of London's top jazz musicians and the Tippett String Quartet.

In the afternoon of October 1, the festival will be teaming up with Children's Musical Adventures to present a family concert for children of all ages and their parents. Top percussionists and entertainers, Patrick King and Owen Gunnell, will take them on an adventure in their Magical Musical Time Travelling Machine that they will never forget, all with the aid of a huge array of percussion and brass instruments!

Back in the classical vein in the evening, the festival finishes with the outstanding Nidum Ensemble, 13 leading young string players from Wales, playing Mozart, Grieg, Dvořák and a new work by Welsh composer and cellist Joseph Davies.

Tickets for the main concerts are available online from Ticketsource www.ticketsource.co.uk/cowbridgemusicfestival, and from David Barnes Dry Cleaners and Sorrento on Cowbridge High Street.

Full festival details are available on www.cowbridgemusicfestival.co.uk; Twitter: @CowbridgeMusic; Facebook: facebook.com/cowbridgemusicfestival.

ME

A natural dyeing workshop and harvest celebration

A NATURAL dyeing workshop and harvest celebration with Cowbridge Community Allotments takes place on Saturday, September 24.

A spokeswoman said: "Make your own uniquely designed beautiful silk scarf using the bundle dyeing technique with natural plant materials.

"Eva from The Flower Hive, Pencoed, will talk about using and cultivating plant material for natural dyeing and help you create a masterpiece!

"The workshop is funded by Grow Wild – a Lottery grant which the community allotments have received this year at Cowbridge Lesser Hall, (11.30-2.30pm). This will include a walk over to the allotments to gather materials. The first 10 places are free, then £8 each to cover materials. Email debbie.leigh65@gmail.com to book a place.

"At 3pm it's all hands to the wheelbarrows to weed and mulch the Grow Wild community orchard – planted earlier this year. Please bring gloves and suitable footwear. Followed by bring and share barbecue at 4pm. Adults and children welcome. Allotment members will be on hand to show people around the site.

"Grow Wild is the UK's biggest ever wild flower campaign, bringing people together to transform local spaces with native, pollinator-friendly wild flowers and plants.

"The allotment site is under the bypass behind Millfield Drive – accessed via the footpath from the rear of the town hall car park, or from the track between Cowbridge Comprehensive School sports pitches on the Aberthin Road, where there is parking space."

For more information visit www.cowbridgeca.btck.co.uk or the Cowbridge Community Allotments page on Facebook.

DL

Llantrisant and District Probus Club

THE last quarter saw good attendance at the monthly meetings, and three interesting and lively speakers.

The club under the leadership of its chairman, Bill Pearce, is growing in membership despite a couple of members having died in the third quarter.

For the last quarter of 2016 the programme will include the following three speakers: October 18, a talk by Bill Thomas on 'Salem'; November 15, a talk by John Sheen (by popular request); December 20, Peter Cox will speak about GCHQ.

Why not come along to one of the meetings at 10.30am at Pontyclun Rugby Club on the third Tuesday of each month and be favourably surprised and entertained in convivial company?

BILL THOMAS

COMMUNITY NEWS

Your local correspondent is
NANCY DAVIDGE
"Tyneuydd", Llangan.
(01656) 860303
TREOES, LLANGAN & ST MARY HILL

Llangan school

THE children at the school are very excited as they will perform at the school with *Phantom Of The Opera* star Peter Karie on Friday, October 14.

The concert will begin at 6.30pm, and tickets will be on sale soon.

Deputy headteacher

I AM sure Llangan School's newly appointed deputy headteacher Mr Marc Sinnett will become as popular as his predecessors.

St Canna's Church Llangan

ST CANNA'S harvest thanksgiving service will take place on Sunday, September 25 at 11.15am.

Everyone is assured of a warm welcome at this important celebration in our community.

Saturday, October 1

St Canna's will be holding its annual autumn fair from 10am – 12.30pm.

As in previous years, there will be something for all the family, stalls with homemade cakes and produce, flowers and tombola and a children's area.

If anyone can contribute or help, please get in touch with Jan, Sheree or Ruth – all contributions welcome.

Young At Heart Club

THERE was an air of sadness at the meeting held on Thursday, September 8.

A minute's silence was observed for the late Kathleen Llewellyn. Many club members had attended her funeral which took place earlier this month at the mid-Glamorgan Crematorium, Coychurch.

Earlier this year Kathleen celebrated her 90th birthday at the club and received a lovely bouquet.

Saron Chapel, Treoes

THIS year's harvest festival service, which took place on Sunday, September 11 was very well attended with villagers from Treoes, Llangan and St Mary Hill.

Following the service, members of the congregation walked the short distance to the vestry to enjoy a welcome cup of tea or coffee and homemade cakes or sandwiches. A fitting end to an enjoyable harvest thanksgiving.

The service was conducted by Pastor Ken Adams.

New Yoga Class
Ystradowen Village Hall, Ystradowen.
Starting Thurs 15th Sept, 7 - 8.15pm.
Beginners are very welcome as well as improvers.
FIRST CLASS IS FREE!
Bring a mat if you have one.
Please contact Rosalind on 07538 544188
www.rosalindbaxteryoga.co.uk

Dance Steps
Learn how to dance like the stars and be the envy of your friends at the Christmas Party!
NEW ADULT CLASSES COMMENCING
(couples and single people welcome)
THE GATHERING PLACE, ST ATHAN
Thursday 22nd September from 7.30pm
PONTYCLUN ATHLETIC CLUB Tuesday 20th September from 7pm
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Museum's brown mug mystery

Do any GEM readers have one of these?

THE Cowbridge and District Museum has recently come into the ownership of a small brown mug made by Ewenny Pottery celebrating Victory Day on June 8, 1946.

Are there families who were living in the Cowbridge and Llanbleddian areas at that time who have one of these mugs? I ask this because I believe that they were never distributed and were for some reason destroyed, with only a small amount of them escaping destruction and were saved.

If there is anyone who has one of these mugs, and better still, any information relating to them, the volunteers at the museum would love to know, so we can place this information with the mug.

The museum is open on the first Saturday of the month. Readers can contact the museum by emailing info@cowbridgemuseum.org.uk, or visiting our website on www.cowbridgemuseum.org.

Steve Harkett
Cowbridge and District Museum Trust

ENTERTAINMENT ON 'BIG SCREEN'

BIG Screen – Cowbridge's community cinema – is about to start another season of films in the Town Hall, which has a modern electric screen and projection system, and also ice creams in the interval.

Make a note of Thursday each month for nights to remember!

On September 22, *Golden Oldies* is an all-British heist film about amateur crooks attempting to rob banks because they refuse to accept the loss of their pensions when their former employer goes bust.

The film has a wealth of well known stars including Alun Armstrong, Bernard Hill, Una Stubbs, Simon Callow and many more. The film is Cert 12A.

The screening on October 27 is *Black Mountain Poets* (Cert 15), a British comedy set in the Black Mountains of Wales where two lorry hi-jacking sisters are trying to avoid capture by joining a set of misguided hippy poets.

Love interest provided by Aberystwyth-born Tom Cullen from *Downton Abbey*.

A film to inspire all those who think they can sing, but can't really is the November 24 film *Florence Foster Jenkins* (Cert PG), the true story of a New York heiress with ambitions of becoming an opera star.

Florence (Meryl Streep) is loyally supported by her husband (Hugh Grant) but it is Carlo Edwards (the wonderful David Haig) who finally helps her overcome her appalling voice in order to realise her dreams.

Based on the novel by John le Carré, the December 15 film is the tense thriller *Our Kind of Traitor* (Cert 15). Two young people find themselves enticed into a Russian oligarch's plans to defect. They are soon trapped between the Russian mafia and the Secret Service. Who can they trust?

Tickets are £4 in advance from the town clerk's office in the Town Hall or on the door. All performances start at 7.30pm and doors are open at 7.10pm.

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Pupils praised for their handwriting

THE children of Llanfair Primary School had a nice surprise in assembly last week when Mrs Mary Llewellyn arrived with certificates for the winners of the handwriting competition at the Vale Show. Well done!

THE TRICYCLE WORKS FOR BOVERTON WI!

FOLLOWING the summer break – which started with a visit from the icicle tricycle and included a visit to Tredegar House on a beautiful day in August, where we explored and enjoyed tea and cream scones, Boverton WI is back on track.

Our speaker was Robert Parry, conservation manager of the Glamorgan branch of the Wildlife Trust of south and west Wales.

The trust is keen to preserve the habitats of the UK's wildlife, be it birds and dormice, reptiles, insects or fungi, and we were encouraged to become members.

Its largest site is Parc Slip, a former opencast mine near Bridgend, which has been transformed into meadows and wetlands.

A large number of the rare Great Crested newt may be found in the shallow ponds. Harvest mice, among other small creatures, inhabit the flower meadows which have been formed. Some cattle help to keep the grass short and fertilise the ground.

There is an elevated hide from which birds such as plover and lapwing can be observed, a visitor and training centre and cafe. Much work is still being carried out by enthusiasts.

Our own new Col Huw site is worth a visit too, where grassland and cliffs make perfect nesting sites for many different birds.

The vote of thanks for an interesting and informative talk enjoyed by all, was by Helen Meakin.

Later, Helen and Llyn were congratulated on their arrangement at the St Illtyd's Flower Festival; Barbara on having her entry accepted for next year's federation calendar and Pam for her prizes at Fonmon Show.

Dates were given for forthcoming trips. The competition was won by Diane and the raffle by Alice and Gillian. Our next (extra) meeting is on September 19.

LIZ GABB

OLD HALL BRIDGE CLUB RESULTS

OLD Hall Bridge Club results for the last two weeks:

Wednesday, August 31: 1st Allan Lewis & John Raymond 73.21%, 2nd Barbara Easterbrook and Margaret Bancroft 61.90%, 3rd Barbara Exton & Eleanor Jones 58.93%.

Wednesday, September 7: 1st Sara Bartlett & James Mangles 57.94%, 2nd Allan Lewis & John Raymond 53.97%, 3rd Mearl Owen & Margaret Williams 53.17%.

JM

Anne says thank you to helpers

FOLLOWING the Cowbridge on the Run event for Cancer Research UK, the organiser, Anne Birt was keen to highlight the contribution of key people who were vital to the day's success.

She said: "I'd like to thank Tom and Lynne, the First Responders, and Aubrey Parsons and Justin Isaac for their invaluable help with the sound system."

The event raised £1,500 for the charity.

Local mum runs five marathons in five days!

Caryn Savazzi with her two sons, Jacob and Isaac, at the 'Cowbridge on the Run' event.

(CONTINUED FROM PAGE 1)

However, the double tragedy prompted a rethink. As the two bereaved families tried to cope with the situation, a little-known charity proved to be a huge help.

Winston's Wish is based in Cheltenham, and is a charity that specialises in working with bereaved children. Sara Powell, in particular, has praised the charity, and Caryn decided to continue her fundraising efforts, and concentrate on Winston's Wish.

She said: "I work for a company called 'Breakfast Club' – I'm the people director there.

"We run a number of restaurants, but none yet in Wales. However, the company is keen on promoting physical fitness, and I will be running the Miami marathons with people from the company."

There is quite a large community in Cowbridge now, taking part in challenges to raise funds.

Only last weekend, Caryn ran the 'Pretty Muddy' event in Cardiff with a big group of mums from both Y Bont Faen and Iolo Morganwg.

The Pretty Muddy was an event that Tanya Floyd supported, and she ran it last year.

The week before, Caryn joined the 'Cowbridge on the Run' event. It was good training for her five marathons.

Caryn concluded: "I hope that the community will get behind what I'm doing and, most importantly, raise plenty of funds for Winston's Wish.

"So far, I've raised £495 (plus gift Aid) via my BTdonate page, and my target is £1,500."

The page is on: ***https://mydonate.bt.com/fundraisers/caryngwilliam1"***

'MAKING A DIFFERENCE' AT ST CATTWG'S CHURCH

PICTURED (left to right): Jackie Wright, Jeffrey Robinson, Parish Reader Sue Moll, Ian Hunt (Filco) and Kerry Veale standing outside St Cattwg's Church, Llanmaes, after being presented with a cheque for £500. PHOTO BY TOM GARDINER

LAST Thursday, Mr Ian Hunt, managing director and chief executive of Filco Foods, called at St Cattwg's Church in the village of Llanmaes to present a group of church members with a cheque for £500 given in support of the ongoing programme of restoration work that is being carried out.

Mr Hunt said that his company was eager to support worthwhile groups who were making a difference to improve their localities.

He added that a lot of excellent work is done in local communities and he was pleased that Filco Supermarkets could help many of these in a tangible way.

He presented the cheque to parish reader Mrs Sue Moll, who was accompanied by church wardens Kerry Veale and Jeffrey Robinson.

Also with them was Mrs Jackie Wright, a friend of the church who sought the initial support, and Tom Gardiner.

In thanking Mr Hunt, the wardens said that a church had been on that site for a millennium and a half and in stone since 1234. People from the village have taken it upon themselves through the ages to maintain and improve the building for their use and for future generations. Thanks to 'Making a Difference Locally' supported by Filco Foods this work can continue and help the church to remain a central part in so many lives.

Sponsor a 'Pudsey spot' for charity Children in Need

Pudsey spots are ready on Kevin's car for your donations.

LOCAL driving instructor Kevin Jones is aiming to raise funds for Children in Need, but needs the support of the local community.

Kevin explained: "I'm raising money for the charity by getting people to sponsor a Pudsey spot on my car.

"On the spot someone can write a message or company logo and it will stay on my car until Christmas."

Kevin, a fully qualified driving instructor for nearly three years, wanted to get involved with the cause because its is an event that brings driving instructors together from all over the UK to raise as much money as possible.

He added: " I've got six- year-old daughter and touch wood she is healthy but no one knows what is around the corner.

"Each year we buy the Pudsey t-shirt etc but I wanted to do a bit more and I'm honoured to be chosen as a lead car as well."

If people would like to 'buy a spot' they can contact Kevin on 07976 687 231.

Dressage expert shows all the right moves

THE members of the Southerndown WI spent a lot of time during the summer cheering on our athletes in the Olympic Games, and enjoying the spectacle of sports we had rarely seen since the home Games in 2012.

A commonly-heard question was: "How do they do that?" usually asked in relation to dressage.

In our September meeting, that question was answered.

At the start of the meeting Michele, our president, covered all the relevant business regarding future events, as illustrated in the newsletter.

We were then delighted to welcome our speaker, Sam Whyley, who is a freelance riding instructor specialising in dressage.

Sam gave a fascinating talk, taking us through his career, including training in the Netherlands and Canada, and working with disadvantaged children developing their confidence as they worked with and learned to ride horses.

He also offers private riding lesson to riders of all ages and abilities. There is more information on his Facebook page.

Sam left plenty of time for questions and explained that it takes up to four years to train a horse in the basic dressage moves. The rider will use subtle movements that take advantage of the natural sensitivity of the horse, to develop the skills. The addition of music takes the process to a different level.

We were all left with a much greater appreciation of the sport and the skill it requires, along with a recognition of Sam's passion for all things equine.

While consuming our tea and coffee many conversations centred around whether we should arrange a WI riding session!

Our coffee morning this month will take place on Friday, September 16 at 10.30am in Linda Vincent's house in Ogmore-by-Sea, when we look forward to seeing as many members as possible.

The next meeting is on Thursday, October 13 at 7.15pm in the church hall, Southerndown Road in St Bride's Major. New members are always welcome.

PM

Walston Castle, hosts fundraiser

THE Walston Castle Beefeater at Wenvoe is hosting a day of community fun to raise funds for Great Ormond Street Children's Hospital.

The event takes place on Saturday, September 24.

Ben Murphy of the Walston Castle said: "Tickets are £4 per person, and will include a free pint of ale in our beer tents, live music and an evening disco."

Great Ormond Street Hospital provides world class care and pioneers new treatments and cures for childhood illnesses. It supports families from across the UK.

Ben explained: "A number of local firms such as Trustmark Printers, Cardiff Blues, Cardiff Bouncy Castles, Brains Brewery, and also Otter, St Austell and Sharpes breweries have made much appreciated contributions to ensure that the event goes smoothly and we have an excellent foundation to fundraise on the big day.

"I have been deeply touched by the level of community spirit that this event seems to have ignited in Wenvoe and the amount of support has been encouraging."

The Walston Castle Beefeater is located on Port Road, Wenvoe (CF5 6DD); call 02920 593896.

Isaac becomes 'headmaster' for the day!

ISAAC Williams, aged eight, became headmaster for the day at Peterston super Ely Church in Wales Primary School.

Isaac won a silent auction via the PTA.

Isaac is shown with Peterston's headmaster, Mr Owen Turner.

Talk on World War Two prison camp

THERE will be a talk on the WWII prison camp at Island Farm, Bridgend, by local historian Mike Clubb in St Donat Arts Centre on Thursday, September 22, at 7.30pm.

Tickets are £8, including tea or coffee. For more information, go to *www.stdonats.com* or telephone 01446 799100.

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FAMILIES AND FRIENDS ARE IN CARDIFF FOR THE KIDNEY WALES CHARITY RUN

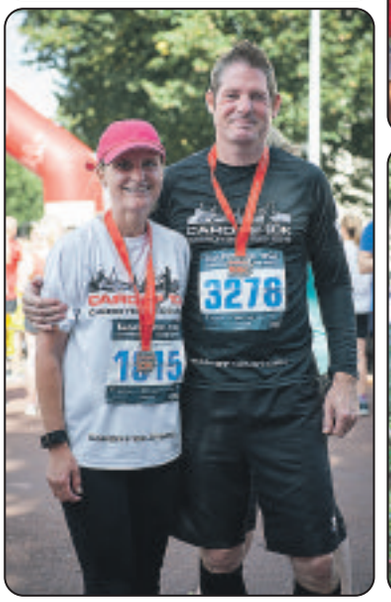
Photos by MANDY THOMAS
(Available for purchase, telephone 07541 982794)

So many local people joined the Kidney Wales run in Cardiff last weekend.

In fact, there were two runs, a 10k and a 2K for the younger (or older) runners.

An estimated total of 6,000 runners took to the streets of the capital city, each running for their own cause.

Among the crowds were mothers of pupils at Y Bont Faen Primary and Ysgol Iolo Morganwg in Cowbridge, and there were groups from Bridgend, Pontycymmer and from towns and villages throughout the south Wales area.



Louise Evans of Maendy YFC.

Louise takes Welsh crisps to Oslo for a seminar

ONE local Young Farmers member will soon be representing the whole of Wales as she jets off to Norway next month.

Glamorgan Young Farmers Club member Louise =Evans is travelling to Norway as an ambassador for Wales at the annual Rural Youth Europe autumn seminar.

The event, which lasts a week, offers young farmers from across Europe the opportunity to learn about different cultures and traditions, as well as share their own.

On her trip to Oslo, Norway's capital, Louise will be supported by Welsh crisp manufacturers Jones Crisps, who use only Welsh potatoes and ingredients to produce crisps at their Gwynedd base.

She has also received the backing of Welsh MEP Dr Kay Swinburne who has supplied her with Welsh dragon soft toy souvenirs and information about Welsh farming for the rest of the international visitors to Norway.

Louise said: "I am thrilled to have received such an array of produce. The crisps will go down a storm!

"A big thank you to Jones Crisps. I am a proud YFC member and I am going to make sure that Wales is recognised as being the best country at this year's event."

This year's seminar has been given the topic 'Think, Love, Move, Do' and aims to identify social inclusion, raise awareness and challenge people's mindsets.

The meaty topic will certainly raise some questions, especially with the changes in YFC and keeping it current and relevant for members.

Louise Evans (24), who is an active member of Maendy Young Farmers, believes that "the more you put into YFC, the more you get out."

She said: "I am very lucky to have been selected to attend Norway. I am really looking forward to taking part in the seminar and, hopefully, see the Norwegian landscape, as well as teach others about Wales."

Plaudits for BT Broadband are questioned by rural campaigner

by GEM REPORTER

BT Wales received plaudits from Vale AM Jane Hutt this week, only for a campaigning group question the company's broadband provision.

On September 7, Vale AM Jane Hutt, met with BT Wales director Alwen Williams to discuss superfast broadband coverage in the Vale.

Ms Hutt said that she was pleased to see the latest figures showing that more than 90 per cent of the constituency has superfast coverage.

According to Ms Hutt, this puts Wales ahead of Scotland and Northern Ireland in terms of 'rollout'.

She said: "Through the Superfast Cymru project, the Welsh Government is committed to making Wales a truly digital nation and ensuring that everyone has access to high speed broadband. "

Funding for this project comes from the UK Government, the Welsh Government, BT and the EU.

Rachel Evans, director for Wales of Countryside Alliance (CA) – which has mounted a long campaign to improve rural broadband and digital inclusion – also welcomed the report, but with caveats.

She said: "It is great news that 90 per cent of the Vale has, superfast broadband, but this is not a picture recognised by many of my members in rural areas who are still not connected or receive an unacceptably slow connection. "

Ms Evans gave the example of a businesswoman and CA member in Llancadle.

"She has a 'real' shop as well as an online store, but has an extremely slow connection [at Llancadle] and struggles to connect with her customers and suppliers.

Ms Evans also said that she is concerned that Superfast Cymru is "prioritising customers who are easier to connect in urban areas".

"Another example," began Ms Evans, "is Natalie Lewis, who has been waiting for a broadband connection to the family farm in Llangan in the Vale for more than nine months.

"BT Openreach has failed to get the farm connected and the only solution offered by the provider was to move closer to the exchange.

"This is an absurd suggestion for people living on and working a farm."

Superfast Cymru, said Ms Evans, seems to be failing rural residents who are at a disadvantage to those fortunate to be on a simpler installation route.

"In this digital age, when we are required to do so much online, this is unacceptable."

The GEM is interested to read your experience of superfast broadband in the Vale, especially in the more rural areas for business or domestic use.

Please write to gemeditorial@tindlenews.co.uk, including your name, address and telephone number.

Tea at Zoar

A HARVEST thanksgiving service will be held at Zoar Presbyterian Church, Bonvilston on Wednesday, September 28 at 2.30pm.

Afternoon tea to follow, collection to benefit the Vale Foodbank.

The children's harvest 'thank you' service takes place on Sunday, October 2 at 11am; dried/tinned goods gratefully received (for the Foodbank). Refreshments afterwards; further information on 01446 781309.

Local couple's diamond anniversary

Joan and Tony Thomas.

TONY and Joan Thomas, of Pancross Farm celebrate their diamond wedding anniversary on September 15.

Joan is a farmer's daughter from Kenfig, and met Tony at a Young Farmers' dance. They married in Maudlam Church and moved to Pancross where Tony's father was a tenant farmer.

Tony and Joan have worked tirelessly building up the business at Pancross, and have seen farming change from the days of horse power and a couple of cows in a herd to the vast satellite navigation machines and large milking parlours used today.

Tony continues to work on the farm from early in the morning to late at night, it has been his passion and hobby and his family are very proud of his achievements.

Joan continues to provide him with three cooked meals a day!

Tony is a councillor in Llancarfan and is the chairman of the board of directors for the Vale of Glamorgan Agricultural Society.

The couple have four children – Nicola, Wendy, Jane and Edward – all of whom are married and live close to them in the Vale ,and they have 11 grandchildren.

Cantorion Pontyclun

AT 7.30pm on Friday, October 7, Cantorion Pontyclun will perform a concert at Pontyclun Athletic Club.

Other artists include Bois Goitre-Hen male voice choir. Tickets cost £5 and are available on the door or from Anne Williams, chemist in Pontyclun. They are also available from www.cantorionpontyclun.org.uk.

Jamie, 8, wins a national design competition

The moment Jamie Spear discovered he was the winner.

Jamie's winning design

JAMIE SPEAR (8), from Barry, has won a place in a design team for Brecon Carreg Mineral Water.

He joins five other schoolchildren, all of whom will have their designs featured on special bottles.

Jamie, from Jenner Park Primary School, came up with a novel idea for an old water bottle: a rain catcher.

Budding designers were asked to submit ideas for a revamped label for its 300ml bottles, and for each entry received Brecon Carreg made a donation to the charity Follow Your Dreams, which helps children with disabilities to follow their dreams.

The competition received hundreds of entries and, after an intensive judging process, the panel decided that the quality of entries was so high that they created three additional finalists.

Designs included fun facts about water, jokes and ways to re-use your bottles.

The new design will be available for purchase from Tesco in September.

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Vale Council tops the 'authority charts' in Wales again

THE Vale Council has been ranked the highest performing local authority in Wales for the second year running.

The 2015-16 local government performance bulletin, compiled by the Data Unit Wales, assesses councils' performance in 44 high priority areas.

The Vale Council was ranked in the top group of councils for 26 of these.

The Vale performed better than the average in three quarters of all measures when compared with other councils in south east Wales and in 77 per cent of the indicators when compared with all councils across the country.

The Vale Council recorded a perfect performance for nine key areas of its work.

Achievements in these areas included ensuring that no pupils left compulsory education, training or work-based learning without an approved external qualification, and that 100 per cent of the Vale's carers' needs were assessed.

Coun Neil Moore, Leader of the Vale Council, said: "Everyone at the Vale of Glamorgan Council is naturally delighted to see the council ranked as the best performing in Wales for the second year running.

"Our first-rate performance in recent years has been driven by the knowledge that our services have a direct impact on the quality of life experienced by all residents of the Vale.

"After topping the performance table in 2015 I said that we could not be complacent and must push ourselves to do in even better in future. This is exactly what has happened. We have not just maintained our position, but have in fact improved our performance in more than half of these vital areas of our work."

Council honours members of the Merchant Navy

ON September 2, members of the Vale Council congregated at the Merchant Navy Monument, at Barry's Civic Centre, to honour members of the Merchant Navy and those of the earlier Mercantile Marine.

The ceremony paid tribute to all seafarers, past and present, with the Red Ensign – the UK Merchant Navy's official flag – being flown as a symbol of respect for those that made the ultimate sacrifice during both World Wars.

The Merchant Navy Memorial at Barry was built in 1996; it commemorates the merchant seamen of Barry and the Vale who died in the First and Second World Wars.

Vale Council Leader, Neil Moore, said: "As shown earlier this month, at the Armed Forces Covenant meeting, in the Vale of Glamorgan we fully appreciate the sacrifices made by the serving members of our county. The Merchant Navy ceremony allowed us to again pay tribute to those who served in both World Wars, and also the modern day seafarers who are responsible for UK imports."

'Cardiff's success is great, but don't forget Vale' says AM

NEWS that Cardiff is now the sixth most prosperous city in the UK is to be welcomed, but surrounding areas like the Vale must get to share in the success, according to Welsh Conservative Leader and South Wales Central AM Andrew RT Davies.

The capital moved up one place to sixth in the Barclays Wealth Prosperity Map City Index, with a 12 per cent rise in turnover for small and medium-sized businesses, GDP up 9.7 per cent per head and a 10 per cent rise in the number of businesses founded.

Mr Davies said: "It is fantastic news that Cardiff has become the UK's sixth most prosperous city, with businesses on the up and small and medium enterprises reporting a 12 per cent increase in turnover and GDP up 7 per cent – both faster than London.

"The economic benefits of this are obvious, including of course the increased job opportunities it brings, but the whole of south Wales must benefit and not just Cardiff itself.

"Here in the Vale, we have in the past been ignored, receiving far lower levels of funding from the Welsh Government than Cardiff and no support for key infrastructure projects like a Dinas Powys by-pass.

"We must make sure we get to benefit too, and that we don't get cut off from it all. It is an opportunity that must not be missed – we need better connections, and delivery of the South Wales Metro, and other transport improvements must be a priority to make sure we can share in the success."

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FLU CAMPAIGN 2016

If you have a long term condition, are pregnant, a carer or 65 and over, your immune system might not be strong enough to fight the flu virus.

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Get a FREE jab from your GP to protect yourself and others

Again this year, an intranasal flu vaccine is available for children aged 2 & 3 years old on 31.8.16.
The intranasal vaccine will be available from late September.

Children in reception year and years 1, 2 and 3 will be offered the vaccine in school.

Contact your surgery today, to make a suitable appointment or

to find out about Special flu clinics e.g. Saturday morning flu clinics.

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Thanks go to all who keep people safe on sea and shore

Welsh Secretary
ALUN CAIRNS
reports to GEM readers

THE Vale of Glamorgan is so fortunate in its coastal location, and many of us take advantage of our stunning coastline.

Yet the news of the five men who drowned off Camber Sands alerted us again to the hidden dangers that lie beneath the surface of the sea.

Each year, around 7,000 incidents at beaches occur, and around 400 people will die from drowning around the UK.

It is important, living in such near proximity to the sea, that we should all bear in mind the numerous risks and dangers present when swimming and boating. Especially when we remember that the RNLI have just finished their summer-long patrols of the Vale's beaches.

I want to take this opportunity, not only to remind everyone to be safe while at sea and bathing on the beach, but to thank the RNLI and other lifeguard groups for the work they do to keep us safe.

You may have read, as I did, of the exploits of the RNLI crews who recently saved two people from the water around Llantwit Major this August. When you consider that these people had been swiftly swept into the sea from Llantwit beach amid heavy swells and high winds, you have to marvel at the ability of RNLI crews who made it to the scene quickly enough to save their lives.

This summer was a busy period for the local RNLI, with three launches in one day for the Barry lifeboat crew – all of which resulted in zero casualties. And their increased seasonal work is not limited to the near coast: there have been numerous rescues of boat crews in difficulty in the Bristol Channel with causes ranging from severely dangerous weather, to fires and even mass-seasickness.

We should all be grateful to the RNLI for allowing us to swim and enjoy the water with confidence, supporting the local community and helping to attract visitors to our tourist spots.

We should also not forget the work that the completely voluntary Rhondda Lifeguard Club does on Watchtower Bay, their 40-stong contingent of life savers ready to brave the waves to help those in difficulty.

Having recently visited the Rhondda Lifeguard Club, I know that they and the RNLI believe that 90 per cent of lifeguarding is prevention.

That's why both groups endeavour to teach children to swim at sea. If you would like your children or grandchildren to be safer on the beach, don't hesitate to get in touch with either group.

Art Central Gallery set to celebrate tenth anniversary

ART Central Gallery, the Vale Council's prestigious art gallery, is celebrating its tenth anniversary in November 2016 and the gallery is pleased to announce that it will be accepting art submissions to be exhibited during its anniversary open exhibition event.

The celebratory exhibition will be open to the public, and will run between 10am–4pm on Monday, November 7, with the work remaining on show until Saturday, January 14.

Art Central Gallery welcomes submissions from artists working with all types of visual and performance art media. This may include works by painters, photographers, craftspeople, designers, film makers, performance artists and others. Art Central would particularly like to hear from you if you are living and working in the Vale.

To make the event inclusive, Art Central Gallery is aiming to accommodate at least one piece of art from each submission. They are looking for original art works that show the artist's unique style and interests. These will then be displayed in the beautiful, contemporary setting at Art Central Gallery which is part of the Town Hall complex located on Barry's King Square

The celebrations will also mark the 110th anniversary of the Town Hall itself.

Art Central will accept entries up until 12pm on Monday, October 3. Email artinthevale@valeofglamorgan.gov.uk for an application form, or visit www.valeofglamorgancouncil.gov.uk/artcentral for more information.

Plans to improve local park

A BARRY councillor has welcomed proposals to improve access for disabled users at one of the town's parks.

Coun Richard Bertin, who represents the Court Ward, is supporting proposals put forward by the Vale Council for Bassett Park to improve the access at Everard Street into the park.

If approved, the funding will come from 'S106' planning gain cash from the former Bassett Street ambulance station, which was developed into supported homes.

Work could start as early as next week and will be completed by the Vale's Highway Department.

Coun Bertin said: "It was a condition of the planning approval that a contribution was to be made to upgrade local parks. I am therefore pleased to support the proposed improvement of access."

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GVS SET TO HOLD AGM

GLAMORGAN Voluntary Services (GVS) annual general meeting will be held on Thursday, October 13 from 6pm to 8pm at the Memorial Hall, Barry.

Member groups are invited to learn about what work GVS has carried out for Vale communities.

Non-member community and voluntary groups are also welcome to attend to find out more about its services.

GVS membership is free for groups with an annual income under £15,000.

Light refreshments will be available at the beginning of the meeting from 6pm. Please could you confirm attendance to Ceri Venners at GVS by telephone 01446 741706, or by e-mail, enquiries@gvs.wales.

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Young chefs Ela Preston and Mari Smith, from Ysgol y Gader, Dolgellau, joined Elwen Roberts at the HCC stand at this year's Royal Welsh Show.

New food qualification for GBBO generation

YOUNG fans of *The Great British Bake Off* and other popular shows such as *Great British Menu* will have a new qualification to aim for this year, with the introduction of the new GCSE in food and nutrition.

The new qualification, offered by the Welsh Joint Education Committee (WJEC) in consultation with a number of experts from specialist food organisations, is a new comprehensive qualification to replace the previous GCSEs in hospitality and catering and food technology. Its aim is to equip pupils with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

One of the organisations which supports the course and provides training and materials for teachers is Hybu Cig Cymru – Meat Promotion Wales (HCC). HCC is engaged in a number of initiatives to share the latest information about the role of red meat in a healthy, balanced diet, including supporting school events and hosting an education day at its stand in the Royal Welsh Show.

Elwen Roberts, a popular chef on S4C as well as HCC's consumer executive, said that the new qualification is very timely.

"Cooking is an increasingly popular pastime for young people, and can lead to a range of rewarding careers in hospitality and tourism," she said.

"Through this new course, pupils can learn how lean red meat is a good source of iron, protein, zinc and several vitamins, and is naturally low in sodium, but of course it's best consumed as part of a healthy balanced diet," added Elwen.

"Food provenance is a key part of the new specification. Pupils will learn, for instance, about schemes such as the flagship PGI (Protected Geographical Indication) status which Welsh lamb and Welsh beef enjoy."

Crumbs! A landmark made up of biscuits

Millennium Centre – made from biscuits!

IN celebration of the Welsh capital holding the most coffee mornings in Wales, Macmillan Cancer Support has built the local landmark, the Millennium Centre, out of biscuits.

The huge biscuit sculpture is accompanied by other iconic UK landmarks and will be displayed in the window of the Koppel Project, at, appropriately enough, 93 Baker Street, London, on September 30.

The landmarks have all been chosen to give thanks to the millions of people that helped raise £27.6 million during last year's event alone. Macmillan is encouraging people to sign up to host a World's Biggest Coffee Morning this year by visiting www.macmillan.org.uk/coffee. Whether big or small, baked or faked, each and every coffee morning helps change the lives of people affected by cancer.

Macmillan has used its 26 years of experience to identify coffee morning hosts from across the country and immortalised their local landmarks in biscuit, including:

Millennium Centre – The Welsh capital Cardiff stole the show in Wales with the most coffee morning registrations in a single postcode coming from the centre of the city;

The Shard – The nation's capital boasted 7,500 coffee mornings last year with the most taking place in SE1;

Whitby Abbey – Traditionally known for its tea, Yorkshire boasted the most coffee mornings in England with 8,392 taking place across the county and;

New Macmillan Support Centre on the health and wellbeing campus at Altnagelvin Hospital (currently under construction), Londonderry – In Londonderry, Macmillan is investing £1.5 million in a new Macmillan Support Centre on the health and wellbeing campus at Altnagelvin Hospital. Local people have thrown their support behind fundraising for the project with the most coffee morning signs up in Northern Ireland coming from this area last year.

Katherine Stevens, a Macmillan lung clinical nurse specialist, was on hand to unveil the huge biscuit sculpture.

The mammoth structure, spanning more than 80 square feet, is made up of 25,000 biscuits! Macmillan has also created cutting guides that enable budding bakers and coffee morning hosts to bake their own landmarks, available to download from www.macmillan.org.uk/biscuits.

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Former Vale College student Kimberley wins art prize

Kimberley Barker with her Cowbridge Art Group prize.

FORMER Cardiff and Vale College student Kimberley Barker has won the annual Cowbridge Art Group prize.

Kimberley, aged 20 from Cardiff, was chosen by panel of judges to receive the £100 prize and certificate for her mixed media paintings exploring the concept of beauty in decay.

Working directly with organic materials, she produced a series of experimental collages and paintings that lead to the final exhibited works.

Her work featured in 'It's All About…' this year's annual Cardiff and Vale College exhibition for art and design students based at its Colcot Road campus in Barry. The exhibition appeared at the Old Hall Gallery on Cowbridge High Street in the summer.

CAVC art and design tutor, Adrian Metcalfe, said: "The judging panel stressed the difficulty in make the final decision due to the high quality of all the work on display. They felt all the students were worthy of commendation and that the show demonstrated the high level of ability across Cardiff and Vale College's art and design courses."

ACCLAIMED SINGER GIVES CONCERT FOR HOLY TRINITY CHURCH

Bass-baritone Matthew Brook. Photo by Richard Shymansky.

by Andy Johnstone

THE Church of the Holy Trinity, Marcross, will be the beneficiary of a concert to be given in November by acclaimed bass-baritone Matthew Brook.

Matthew, described by The Observer as "turning everything he sings to gold" will be joined by Anna Markland, former BBC Young Musician of the Year, at the concert on November 4 at the Glass Hall in St Donats Arts Centre.

Matthew said: "The programme for the concert in aid of Marcross Church will be full of fun and vocal fireworks – perhaps competing with bonfire nights in the area – and we hope to entice an audience with flashes of vocal light and fizz!"

Matthew, who describes himself as a "relative newcomer" to the area, has performed around the globe, working with, amongst others, Sir John Eliot Gardiner, Sir Mark Elder and Richard Hickox.

His operatic roles include Calkas in Walton's *Troilus and Cressida*, Lord Hategood in Vaughan Williams' *The Pilgrim's Progress* and the titular role in *The Marriage of Figaro*.

The evening will also feature an auction of promises by locals who have, according to Matthew, "wide and interesting skills to offer".

"We need the venue full to overflowing to keep our wonderful old Marcross Church from falling down," said Matthew.

Tickets are £10 for adults and £5 for children, and area available from Sharon Evans, Marcross Farm, on 01446 792462.

Ward councillors' surgery

THE Labour Vale and Town Councillors for Buttrills, Castleland and Court Wards – Bronwen Brooks, Pamela Drake, Jeff Evans, Chris Elmore, Les Sword, Karl Kuhnell and Stuart Egan – will hold their regular advice surgery on Saturday, September 17 from 10am until 11am in the small community room, Barry library, King Square.

No appointment necessary.

Scout jumble

THE Cowbridge Scout group annual jumble sale is this Saturday, September 17 at the Scout hall.

Doors open at 10.30am to 12.30pm. A great mix of clothes, books, games and bric-a-brac makes this a bargain hunter's dream !

PACT meetings

GIBBONSDOWN PACT will be held at the Residents' Board Office, Coychurch Rise, Barry on Tuesday, September 20, at 10.30am.

Meet your local officers at Waitrose, Palmerston Road, Barry, on Thursday, September 29 between 11am and 1.30pm.

In Rhoose, a coffee and chat meeting will take place at the Highwayman, Rhoose, on Monday, September 29 at 11am.

If you have any issues that are affecting your quality of life, but are unable to attend a meeting please contact 101 for non emergencies or log onto: www.south-wales.police.uk where you will find contact details for your local PCSO and you can contact them directly for non emergency matters.

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New training centre for public sector

A NEW training centre supporting staff that manage tax payers' money in Wales was opened by the Chartered Institute for Public Finance and Accountancy (CIPFA).

The centre, based in Cardiff and Vale College, will, according to a CIPFA spokesperson, "offer the full chartered public finance accountant (CPFA) professional qualification to the country's future public service leaders, with specific focus on Welsh issues.

Chris Tidswell, head of CIPFA Wales, said: "With £38bn annual public spending and the power to shape its own services, Wales needs a new generation of public finance professionals with bespoke training and support.

"The public sector in Wales is a hotbed of innovation with particular strengths in providing services to diverse communities.

"The CIPFA Cardiff training centre will help strengthen public financial management in Wales and spread Welsh innovation across the UK."

Students from NHS Wales, Welsh Government and local authorities were among the first to begin the three-year course taught at the new centre.

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First Welsh tax in almost 800 years to be introduced

A NEW Bill, expected to be introduced on September 12, will introduce the first Welsh tax in almost 800 years.

The Land Transaction Tax and Anti-avoidance of Devolved Taxes (Wales) Bill is the first Bill to be introduced as part of the Welsh Government's new legislative programme. the tax will be a replacement for stamp duty land tax.

Like stamp duty land tax, land transaction tax will be payable on the purchase or lease of a building or land in Wales above a certain price. It will affect house buyers and businesses, including builders, property developers and agents involved in the transaction process, such as solicitors and conveyancers.

In 2014-15, £170m was raised from stamp duty land tax in Wales, with 55,000 transactions taking place. This is expected to rise to £244m by 2018-19. If the Bill is passed, land transaction tax will replace stamp duty land tax in Wales in April 2018.

Rates have yet to be announced.

The Bill sets out the key principles of the new tax, including the types of transactions, the procedure for setting rates and bands, how the tax will be calculated, and what reliefs will apply. It also introduces measures to tackle tax avoidance.

Land transaction tax broadly mirrors stamp duty land tax, providing consistency and stability for businesses and home buyers in Wales but it introduces some changes, which are designed to improve efficiency and to reflect what are referred to as 'unique Welsh circumstances and priorities.'

Key changes include:

A new overarching general anti-avoidance rule (GAAR) to help prevent and robustly tackle tax avoidance;

A broad targeted anti-avoidance rule (TAAR) which applies to all reliefs;

The exclusion of two reliefs in relation to the demutualisation of insurance companies and building societies;

Amendments to some other reliefs so they operate better or in a more relevant way to Wales;

The rent element of new residential leases will be exempt from tax under LTT;

The simplification of rules in relation to leases.

Finance Secretary Mark Drakeford said: "This is an historic milestone in the devolution of tax powers to Wales. This Bill marks another step towards the creation of taxes which are more suited to the needs of Wales and support Welsh public services.

"This is a tax which affects so many of us. By replacing stamp duty land tax with a new made-in-Wales land transaction tax, public services in Wales will continue to benefit from the revenues raised by this important tax."

The GEM is interested in readers' views on tax-raising powers. Please email gemeditorial@tindlenews.co.uk.

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- **The rollover, which now stands at £3,000, was not won this week.**
- **£10:** 594619, 795734, 863499, 804615, 777591, 185434, 507853, 390056, 435201, 602105, 412065, 976088, 681426, 383396, 728901, 194840, 434331, 602327, 815064, 005264.
- **£5:** 596699, 705113, 782587, 453359, 260359, 948424, 468178, 209945, 722091, 752632, 556691, 243251, 919557, 617896, 500719, 454373, 504478, 882264, 719788, 527104, 861897, 631608, 692640, 794314, 979432, 263340, 532324, 892425, 366922, 661496, 872801, 575895, 473867, 573831, 284434, 282344, 119946, 964121, 835792, 113370, 444803, 546981, 626008, 844882, 880946, 831525, 511974, 381342, 325521, 542145, 383088, 654027, 723430, 510705, 411537, 001284, 001040, 000317, 1984515, 1979037.

The GEM cannot be held responsible for any errors or omissions contained in the above.

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Bridgend and Porthcawl to join up with the Vale for new MP constituency

by PHILIP IRWIN

A NEW plan to cut the number of Welsh parliamentary constituencies from 40 to 29, will see Porthcawl and Bridgend joining up with the western Vale, while the Vale constituency will replace those lost voters by swallowing up the existing Penarth and South Cardiff constituency.

The Ogmore constituency will be combined with Port Talbot to form a new, larger constituency.

At first glance, the changes appear fairly neutral under the traditional Labour - Conservative analysis. The new constituency of Bridgend and the western Vale ought to be a more marginal seat, as the western Vale is thought to be more Conservative in outlook.

However, the Eastern Vale constituency, where Alun Cairns is the sitting Conservative MP, looks more Labour now, having lost the western Vale and taking on board parts of Penarth and South Cardiff - currently held by Labour's Stephen Doughty.

Bringing Ogmore and Port Talbot together looks as if it will be a traditional Labour banker - unless there are seismic political changes in the future.

The Boundary Commission for Wales on September 13 published comprehensive details of its initial proposals for a revised parliamentary constituency map.

The launch marks the start of a 12-week public consultation period during which the Commission is asking people to 'have their say' on the proposals; either by submitting written representations by post or online or by making oral submissions at one of five hearings that will take place across Wales.

The Parliamentary Voting System and Constituencies Act 2011 requires a reduction in the number of UK constituencies from 650 to 600 and for every UK constituency to have an electorate within the range of 71,031 to 78,507.

In all bar one case, the number of eligible voters in each proposed new constituency is much larger than in the current Welsh constituencies.

There are changes to every constituency contained in the Commission's Initial Proposals, and some of the proposed alterations are considerable.

The Commission points out that, while its proposals meet the statutory criteria, it has also taken into account other relevant factors important to Wales, such as: geographical considerations, including the size, shape and accessibility of constituencies, local government boundaries; boundaries of existing constituencies and any local ties that would be broken by changes in constituencies.

Steve Halsall, Secretary to the Commission, said: "The Commission has produced a set of initial proposals which meet the requirements of the 2011 Act. It has also taken into account other relevant factors and has sought to identify the solutions most suitable to local needs within Wales.

"I would emphasise that these are initial proposals and I very much hope that members of the public will participate in the process of consultation which now begins."

Mr Halsall added: "Over the next 12 weeks people may visit our consultation portal, write in or email us to let us know what they think of the Commission's proposals. Whether they accept or object, we are keen to hear people's views. Where they object - particularly where they can supply counter-proposals – the Commission will give full consideration and may amend its proposals accordingly."

The proposed new parliamentary constituencies are: Alyn and Deeside; Blaenau Gwent; Brecon, Radnor and Montgomery; Bridgend and Vale of Glamorgan West; Caerfyrddin; Caerphilly; Cardiff North; Cardiff South and East; Cardiff West; Ceredigion a Gogledd Sir Benfro; Colwyn and Conwy; Cynon Valley and Pontypridd; De Clwyd a Gogledd Sir Faldwyn; Flint and Rhuddlan; Gogledd Clwyd a Gwynedd; Gower and Swansea West; Llanelli and Lliw; Merthyr Tydfil and Rhymney; Monmouthshire; Neath and Aberavon; Newport; Ogmore and Port Talbot; Rhondda and Llantrisant; South Pembrokeshire; Swansea East; Torfaen; Vale of Glamorgan East; Wrexham Maelor; and, Ynys Môn ac Arfon .

A total of 16 existing constituencies would be wholly contained within a new constituency (Alyn and Deeside, Blaenau Gwent, Brecon and Radnorshire, Bridgend, Cardiff West, Ceredigion, Cynon Valley, Llanelli, Merthyr Tydfil and Rhymney, Neath, Ogmore, Rhondda, Swansea East, Torfaen, Wrexham and Ynys Môn).

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Varroa mite is an 'alien species' to bee colonies

AUTUMN is definitely setting in.

My inspection of the hives is revealing a reduced pattern of egg laying by the queens; this is prompting me to check on the amount of food stores in each colony and to evaluate the varroa mite numbers, so that I can assist the bees to prepare for the coming winter.

Two of the colonies are certainly in need of a little help, and I can aid them by feeding them with liquid sugar made by myself, or I can purchase a product that is manufactured specifically for honeybees.

Without a doubt, nectar collected by the bees and converted into honey by them is a far better way for things to proceed.

However for this to occur there has to be a source that the bees can access, and I am only too well aware that the forage in the countryside is just not there anymore.

Some summer weather has certainly aided many pollinating insects to get out and about in their search for the means to survive, but is no easy task.

Any beekeeper who decides to feed the colonies must do so while temperatures are such that the bees can manoeuvre and correctly store any offerings, ready for winter.

Should a cold snap occur – ie below 10˚ Celsius (50˚ Fahrenheit) – the bees will be very likely comatose and in this state they cannot utilise your proffered assistance.

Despite the fact that I am involved with three apiaries, the honey crop has not been satisfactory; a little honey has been taken and extracted, but always it is the welfare of the bees that is paramount and it would be a gross error to put my needs before those of the bees.

As always the varroa mite is ever present and combined with the changed bio-diversity prevailing, just now we could do without it.

There are still beekeepers who are convinced that the varroa is non-existent in their colonies, or that there are so few of them that they are of no concern.

The mite is an alien species and its introduction has been brought about by the transport of goods around the world by us; we have assisted species to cross natural barriers that they would not normally be able to cross.

Remember, we are a species with the ability to change the planet and we are certainly doing that.

HAROLD WILLIAMS
Fonmon Apiary

FLATHOLM SOCIETY TALK

THE Flatholm Society is hosting a talk by Helen Forder, a local author on 'The Life and Times of Lord and Lady Llanover'.

This will be held at The Kymin, Beach Road, Penarth, today Thursday, September 15 at 7pm. Refreshments and raffle; we request a donation of £2/£3 to cover costs. For information email pb.sampson@ntlworld.com or call 01446 404842.

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Learners come together!

WELSH learners from across the Vale came together recently for free revision lessons at Palmerston Centre, Barry.

Dusting off their words and phrases to chat to friends and tutors during the summer break, they are looking forward to returning to class late in September.

Come and join them! Improve your Welsh or start from the beginning this year.

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The Vale's welcome for canine tourists

DOG owners and their dogs from across the UK can now enjoy more than 70 attractions, eateries, accommodation providers and shops in the rural Vale, safe in the knowledge that they are welcome thanks to the new 'Paws In The Vale' pilot project.

Commissioned by Creative Rural Communities, part of the Vale Council, the six-month pilot project aims to bring together all that is good and dog-friendly in the rural Vale, and promote it to dog owners throughout the UK with the aim of boosting leisure visits to the area during the traditionally quieter autumn months.

Nutmeg runs across the stepping stones.

Coun Lis Burnett, deputy leader and the cabinet member for regeneration and education, said: "This area has so very much to offer to dog owners and their dogs and our new Paws In The Vale brand is a way of bringing this all together, recognising excellence, and, promoting our collective offer as widely as possible.

"From October 1, if you visit the rural Vale with your dog you will be able to easily see which attractions, eateries, accommodation providers and shops are dog-friendly thanks to our Paws in The Vale stickers, and online badges.

"You can explore your options at any time and from anywhere thanks to our a dedicated Facebook page *www.facebook.com/PawsInTheVale* plus bilingual Twitter feeds *@PawsInTheVale* and *@PawennaurFro* which are all updated on a daily basis.

"Paws in the Vale has a dedicated page on our 'Visit the Vale' webpage too at www.visitthevale.com/pawsinthevale."

Preparation for the pilot project has been extensive and has included training sessions for participating businesses and organisations by Stephen Jenkinson, of Access and Countryside Management Ltd, specialist advisor on influencing dog owner behaviour in the countryside and urban greenspace.

Paws in the Vale has received funding from the Vale Council and the Rural Development Plan for Wales 2014 – 2020, which is funded by the Welsh Government and the European Agricultural Fund for Rural Development, and administered by the Vale's Creative Rural Communities.

Coun Burnett added: "After seeing the benefits that dog-friendly tourism has brought to other areas of the UK, we are keen to explore this option for the rural Vale. Responsible dog ownership is at the heart of this initiative and feedback to date has been excellent."

Sailing around Welsh coast

THE Vale of Glamorgan Association of National Trust members and volunteers is holding the first of a series of talks on Wednesday, September 21 at The Duke of Wellington, Cowbridge at 7.30pm.

Richard Neale, National Trust Welsh coast project manager, will talk about his sailing journey around the coast to celebrate the 50th anniversary of the Neptune coastline campaign. New members are welcome.

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NATIONAL EYE HEALTH WEEK

MONDAY 19th - SUNDAY 25th SEPTEMBER 2016 YOUR VISION MATTERS

'PREVENT SIGHT LOSS WITH REGULAR EYE CHECKS'

NATIONAL Eye Health Week (September 19-25) aims to raise awareness of the importance of eye health and the need for everyone to have sight checks every two years, to look after their eyes.

Dr Adrian Jones, from Jones & Jones Optometrists, High Street, Barry, said: "Almost two million people in the UK are living with sight loss yet over half of sight loss can be avoided, so it is vital everyone takes care of their eyes.

"Sight is the sense people fear losing the most, yet many of us don't know the best way to look after our eyes.

"This is why it is so important you get your eye health tested every two years, even if you think your vision is fine, as some eye conditions may not show symptoms. Visit visionmatters.org.uk".

Facts about vision loss:

Twenty million people in the UK could be at risk of avoidable sight loss because they fail to have regular sight tests.

Almost two million people in the UK are living with sight loss, yet over half of sight loss can be avoided. This means that almost two million people have a sight problem which has a serious impact on their daily lives.

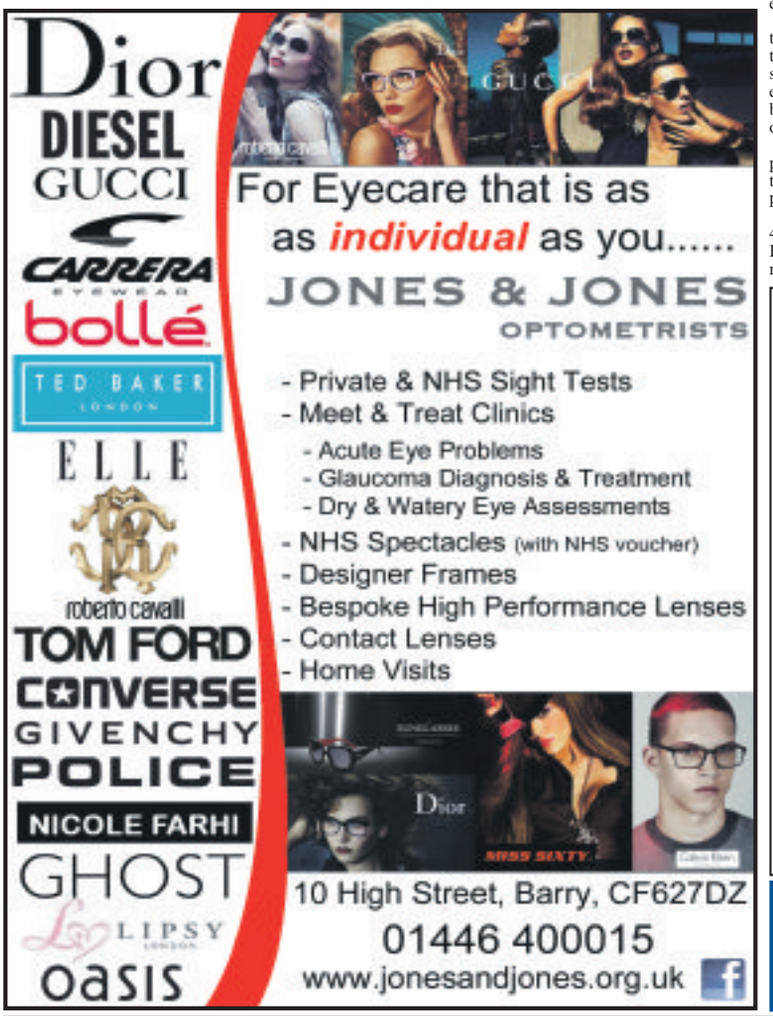
The figure is made up of people who are registered blind and partially sighted, and all the other people whose sight problems have a significant impact on daily activities.

Not all of these people can be registered as blind or partially-sighted.

Sight loss affects people of all ages.

The number of people in the UK with sight loss is set to increase dramatically. It is predicted that by 2050, the number of people with sight loss in the UK will double to nearly four million.

Make an appointment today – call 01446 400015 or visit www.jonesandjones.org.uk.



Inspiring people to look after their eyes

LOCAL optometrist Annette Dobbs of Annette Dobbs Eyecare in Barry hopes to encourage people to take better care of their sight during National Eye Health Week.

Annette explained: "Research shows that half of all sight loss is avoidable, so we want to inspire the residents of Barry to look after their eyes.

"Sight is the sense that people fear losing the most, that's why it's so important to get your eyes checked regularly by a qualified optometrist."

In Wales, we are particularly lucky that the NHS covers many people's eye tests.

Annette's practice at 40 Tynewydd Road, Barry, carries out the full range of ophthalmic services for all age groups, including emergency care.

They've recently invested in a new, easily accessible ground floor consulting room that is fully fitted with the latest equipment including a state-of-the art Optical Coherence Tomography machine (OCT).

The OCT not only takes a digital photograph of the back of the eye but also captures a cross-sectional scan which enables earlier detection of sight-threatening eye diseases such as age-related macular degeneration and glaucoma.

Early detection is vital to prevent avoidable sight loss so don't forget to book an eye test during National Eye Health Week. For more information, contact Annette Dobbs Eyecare on 01446 735130.

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Advice on health care for eyes

NATIONAL Eye Week is from September 19 to September 25, and to mark it, Age Connects Cardiff and Vale are holding a health information session at The Age Connects Senior Health Shop, 38 Holton Road, Barry, on Tuesday, September 20.

It will be held at 10am to 12 midday and no appointment is needed – just come along and have a chat to a health care professional from Royal National Institute for the Blind, Cardiff.

You may be registered blind or partially sighted, or a carer looking after a loved one.

Royal National Institute for the Blind helps blind and partially sighted people across south Wales to enjoy independent and fulfilling lives.

You will be able to chat about the different aids and devices available, support groups, computer training and general advice.

Contact 01446 732385 for further information.

GF

WHAT'S ON, AND WHERE?

'Scams' advice

HAVE you been the victim of a scam, and want help reporting it?

Come along to Age Connects Cardiff and Vale Senior Health Shop on Tuesday, September 20 from 10am – 12pm.

You will be able to chat to an adviser and get information and leaflets telling you all about the latest scams around and how to deal with them.

No appointment is needed; for further information call 01446 732385. GF

Health advice

SHOUT Bridgend meet on the third Wednesday of every month.

In their meeting on September 21, Julie Kay from NHS Wales will talk about the 111 telephone number for non-emergency health calls and how it works.

Why not come along and join them for tea and a chat at the Evergreen Hall, Angel Street, Bridgend at 10am. For more information see www.shoutbridgend.org.

Valeways walks

ON Wednesday, September 21 at 10.30am, the Barry coffee shop strollers meet at Romilly Cafe, Cold Knap, Barry.

Also on Wednesday, September 21 at 2.30pm, the Cowbridge coffee shop strollers meet at the Physic Garden fountain, Cowbridge.

On Tuesday, September 27 at 10am, Trem y Môr (Along the Lanes), starting at Maes Parcio, Neuadd y Dref, Llanilltud Fawr.

On Wednesday, September 28 at 10.30am, the Cosmeston coffee shop strollers meet at the visitor centre, Cosmeston Country Park.

Also on September 28 at 2.30pm, the Llantwit Major coffee shop strollers meet at the town hall car park, Llantwit Major.

Memorial concert

TABERNACL Chapel at Pontycymer is the venue for the Merlyn Maddock MBE Memorial Concert, supporting the Parkinson's charity.

The concert is at 7pm on Friday, September 23. The compere is Bridgend born, BBC presenter and journalist Huw Edwards.

The music will be provided by Bridgend Male Choir, of which Huw Edwards is a patron; harp and vocal trio Eos, and the school choir of Ffaldau Primary. Ticket sales have been brisk, enquiries to Dave and Joan Davison on 01656 658273.

Castle Players

BRIDGEND Castle Players will be holding its 70th anniversary celebration on Saturday, September 24, at Bridgend Tennis Club. Doors will open at 7.30pm, and the evening will include a one-act play, disco, buffet, and memorabilia on display.

The event is open to past and present members and patrons of Bridgend Castle Players and invited guests.

Tickets (£10) are available from treasurer, Rhian Dowling, at treasurer@bridgendcastleplayers.org or call 07814 881445. Advance booking is essential.

Bridgend Castle Players would be grateful if anyone has any photographs, programmes, posters, videos or memorabilia relating to them that could be copied or borrowed. Please contact secretary, Siân Islip, at secretary@bridgendcastleplayers.org, or Carl Cowling, technical@bridgendcastleplayers.org

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Christmas Party Guide

BALLS, BAUBLES AND BRUSSELS SPROUTS:

A guide to pulling a Christmas cracker – avoid the kitsch and think!

by ANDY JOHNSTONE

DESPITE writing this in the last gasp of an Indian summer, there is no escaping the fact that the autumn leaves have begun falling and that there is the faintest nip in the night air.

The harvest is in, children are – finally – back at school, the fortnight in Ibiza is but a dim memory and the swallows, swifts and housemartins are returning to Africa.

Yes, it is a change in the season, and for a newspaper, that change heralds the first festive feature of the year.

Staff sweltering in the tropic GEM Towers may be decked out in shorts, sarongs and flip-flops, but minds are firmly focused on the best recipe for glühwein, and getting *Stille Nacht* and *O Tannenbaum* pitch-perfect for the traditional office carol service.

Christmas, dear reader, is coming and as well as being the season of giving, it's also the time of year to let your hair down and relax.

After a busy 12 months with work, family or both, the prospect of stuffing a large turkey, only to find you forgot to buy a roasting tray large enough to take it, can be a little... disappointing.

It's a time to remember for all the right reasons, such as seeing Mummy kissing Santa Claus – not because tempers frayed when the turkey and trimmings turned to toast, along with the prospect of peace and goodwill to all.

The Vale and surrounding areas are blessed with an eclectic abundance of restaurants and hotels, and whether it is a sit-down meal with one's kith and kin, or a bit of a knees up with work colleagues, all tastes are well served.

But it's that very embarrassment of riches that can make finding the right place so hard.

And so, what do YOU like?

Christmas cool and fine dining at an upmarket hotel or snazzy bistro?

Something a little more traditional with a roaring open fire, carolling and pigs in blankets?

Or perhaps for the adventurous, eschewing the traditional tinsel and kitsch and going for something laden a little with Eastern promise? No, not Essex, but cuisine from the Mediterranean or even further towards the sunrise.

First of all, there is no pressure on you – none whatsoever – to get the Christmas booking spot-on and A1 perfect.

Ah, no, wait. Yes there is. Unless one visits and Orthodox Christian country 12 days later, Christmas is a once-a-year event an frankly, the pressure is on to get it right first time.

So, how does one avoid the embarrassment and social shame of messing up the works or family Christmas beano?

Reading and inwardly digesting – which I'm sure you are – this handy guide courtesy of The GEM is the obvious answer!

Do your research now and, as they say, book early to avoid disappointment...

Venues in the Vale and environs tend to fill fast, and trying to find a venue on December 23 is likely to cause an unpleasant home or work atmosphere that lasts beyond Christmas, and beyond that.

For the sake of your family, your friendships and possibly your career, you do not want to be The Man (or Woman; this is the 21st Century, after all) Who Ruined Christmas For Everyone, or Clark Griswold.

Next, scan through the advertisements on these pages. Whilst not a comprehensive list of the area's many excellent eating places and watering holes, it's a good place to start.

Then consider who your fellow diners will be. As a rule – to which we all know an exception – what suits a group of raucous young farmers or urban professionals might not suit one's dowager aunt, and vice versa.

Is it just a meal, or is additional entertainment on the cards? Perhaps a Bond-style casino or masquerade ball is more your bag, or a 1970s' disco?

Christmas, sadly, is not just the season of peace, goodwill & c. It is also the season when generally sane and staid men and women commit that greatest of social sins.

No, not the not the broom-closet clinch with Doreen from Accounts, but dancing!

(CONTINUED ON PAGE 23)

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Christmas Party Guide

GEM guide to pulling a Christmas cracker!

(CONTINUED FROM PAGE 21)

It takes just one Jägerbomb too many to convince most of us that we are not the embodiment of that discombobulated discotheque oaf David Brent on the dance floor, but are, in fact, channelling a mix of Joaquin Cortes and John Barrowman with a *soupçon* of Billy Elliot thrown in.

Plenty of venues have space for those that like to trip the light fantastic, so do check, although one's respect for the MD might be slightly diminished come the cold, harsh light of the next day in the office. But then, that is the brutal beauty of a works' bash.

Keep your phone handy for quick pictures. The good ones can go straight to Facebook or Twitter; the best ones are held in reserve to negotiate a pay rise or promotion.

And whilst you might be a friend of Dorothy in your ruby slippers as you sashay to the latest grooves, said pumps will be good for walking home, so don't forget transport.

Without sermonising, it's never a good idea to drink and drive. The days of "knowing your limits" are long gone and no-one wants to round off thier year with a conviction, or worse, a casualty on their conscience.

So, will there be a designated driver or will your group of revellers take carriages (okay, taxis) or the-now *de rigueur* stretch limo?

Alternatively, find somewhere that also offers accommodation and make a real night of it. You might find that room rates are better booked in advance.

Do a recce, and take someone else with you. Two opinions are better than one and anyway, why not treat yourself and said friend before Christmas? You're clearly putting in the effort on behalf of your nearest and dearest, or work colleagues, and deserve a treat.

Whatever your lifestyle and whatever suits you, may The GEM be the first to wish you all a very Happy Christmas.

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Penarth Times	4,132 (Jan 2015 - Dec 2015)	Paid 50p
South Wales Echo	19,158 (Jan 2015 - June 2015)	Paid 65p
Western Mail	18,641 (Jan 2015 - Dec 2015)	Paid 80p
Glamorgan Gazette	9,094 (Jan 2015 - June 2015)	Paid 90p
Wales on Sunday	14,789 (Jan 2015 - Dec 2015)	Paid £1.50

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Remember - we distribute over 45,000 complimentary copies of **The GEM** throughout the Vale, Bridgend & Porthcawl every week – packed with all the content that makes a community newspaper really worth reading!
(Figures correct as of April 2016)

MAIDEN FLIGHT FOR FLYBE CARDIFF -LONDON ROUTE

Alun Cairns MP joins other passengers on the Bombardier Dash 8 Q400 turboprop operated by Flybe.

A NEW flight service between Cardiff and London has started and has been timed to coincide with major rail engineering works taking place between the two capitals.

The three-times-a-day FlyBe flights to London City airport operate until October 21 and are scheduled to take one hour and 15 minutes. During the same period, the Severn Tunnel is closed as part of the rail electrification programme.

Passengers have been warned of up to 45 minutes extra on rail journey times. The 130-year-old Severn tunnel has closed to trains for six weeks so rail engineers can install more than eight miles of electrical equipment. The work is to allow the faster, electric trains to run.

Great Western Railway (GWR) mainline services will be diverted via Gloucester between Newport and Swindon, adding about 30 minutes to journey times.

Vale MP Alun Cairns, who flew on the maiden flight, said: "The flights being offered by FlyBe from Rhoose to London City Aiport are a helpful way of ensuring that the Welsh capital, Canary Wharf and central London stay connected during the temporary closure of the Severn Tunnel.

"I hope we will see an expanding range of regional air services from London to Cardiff in the longer term. We need to make it as easy as possible for commuters to get here – whether by plane, or the faster travel times promised by the Crossrail upgrade."

Mess dress and RAF traditions on a special Dining-In Night

RECENTLY, 372 (Barry) Squadron, Air Training Corps held its 'Dining-In Night', an opportunity to formally entertain guests of the squadron, with nearly 100 officers, instructors, cadets and ex-cadets attending.

The cadets and squadron staff were joined by several guests, including Flight Lieutenant Andy Cole (MoD St Athan), Squadron Leader Rob Jones (No.1 Welsh Wing Training Officer), Squadron Leader Dave Crandon (former Commanding Officer 372 Squadron) and Flight Lieutenant John Greenow (former Squadron Commander and Chairman).

The 'Mr Vice' on the night was Cadet Harrison Gould, the newest cadet in the squadron. Cdt Harrison's responsibility on the night was to assist the Commanding Officer with the smooth running of the evening and to entertain the guests after dinner.

After dinner, Flt Lt John Greenow gave an entertaining speech to the cadets and guests. Flt Lt Cole presented the annual NCO of the Year trophy to Corporal Natasja Gill for her hard work and dedication during the past year. Sqn Ldr Dave Crandon promoted Natasja Gill and Zena Poulakis to Sergeant and James Jelinski to Corporal.

The cadets thoroughly enjoyed the annual dining in night, learning about the traditions upheld within the Royal Air Force.

Cadet Sophie Thomas said: "At first I really nervous about the evening and all the traditions we had to remember. It was great fun and I can't wait until next year's dining-in night."

372 Squadron parades at 5th Barry Scouts on Everard Street, Barry on Monday evening 7:30pm – 9:30pm and Wednesday evening 7pm – 9.30pm. Visit www.372squadron.org.uk.

Ogmore Castle stages Vintage Tractor Run...

THE Ogmore Castle Vintage Tractor Run will be held on October 2 in the Ogmore Castle field, by permission of Mr Robert Williams.

Registration of tractors will take place from 9am and the run will start at 10.30am.

All money raised will go to Macmillan Cancer Support (total raised to date £3,317).

For the benefit of residents who wish to watch the procession, the planned route of the run, and approximate timing, will be: Leave Ogmore Castle, 10.30am; Ogmore-by-Sea, 10.45; Southerndown, 10.50; St Bride's Major (Bull Hill), 11.00;Black Hall Farm, 11.15; Wick, 11.30; Colwinston, 11.50; Llysworney, 12.10; Pentre Meyrick, 12.25; Corntown, 1.00; Ewenny, 1.15; and finish at Ogmore Castle at 1.30pm.

The route will be posted in all villages to notify the general public. The police have been notified of the event.

Entries are £10 per tractor and all participants are encouraged to raise sponsorship, as all money collected will go to Macmillan Cancer Support. Entry forms can be obtained from me on 01656 654440 or at basil@basilgeorge.com.

BASIL GEORGE

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www.porthcawl-today.co.uk

African trip for Vale volunteers

Barry optician Ted Arbuthnot training village health volunteers in Tororo, Uganda

LAST week, eight volunteers from local charity Vale for Africa, have been actively working in the Tororo district of Uganda on their fourth visit to the region.

Led by Barry-based optician Ted Arbuthnot, the team of medical professionals included six optometrists and two GP doctors.

Gareth Kiddie, Chair of Vale for Africa said: "At this point we are awaiting a final report on their activities, but we understand that our team has successfully trained a large number village health volunteers and undertaken eye tests on hundreds of children and adults during their short stay."

Gareth went on to explain how the charity manages its work saying "We work closely to develop projects with our partner organisation TOCIDA (Tororo Community Initiated Development Association). Then with the kind support of the people of the Vale, we raise the funds and recruit the volunteers to undertake our project work.

"Over this last year, as well as the eye care and health projects we have helped TOCIDA to; supply water, build a school and run a small fleet of motorcycle ambulances."

"As part of its fundraising activities Vale for Africa is hosting 'Afternoon Tea at The Grind House', coffee shop in Barry on Sunday, September 25 at 2.30pm.

"The event will be an opportunity to meet the team, learn more about the work of the charity and about opportunities to volunteer. Everyone is welcome but numbers are limited and on a first come first serve basis."

For more information and tickets email Gareth at gareth@gka.org.uk or telephone (07984) 127811.

Firefighters are called to incidents via 'an alerter' and must be able to reach their fire station within five minutes.

Fire Service is looking for 'on call' firefighters

SOUTH Wales Fire and Rescue Service has launched a recruitment drive for on-call firefighters to work on a part-time basis at Llantwit Major and Barry Fire Stations

A spokesman said: "We want people who are enthusiastic, committed, physically fit and looking for a new and exciting challenge."

He continued: "Firefighters have one of the most respected jobs in the community. They are dedicated and skilled individuals who receive ongoing training to support their continuous personal and professional development.

"In addition to fighting fires, road collisions, floods and chemical spills, firefighters develop strong links with community groups, schools and residents in order to raise awareness of accident risks."

On-call firefighters are paid for their commitment and service. They come from every walk of life and include shopkeepers, builders, secretaries, engineers and company directors as well as people who are currently out of employment.

They are recruited on the basis of the amount of cover that they are able to offer. They are called to attend incidents through an alerter that is provided to all on-call personnel.

Once alerted, they must be able to reach their Fire Station within five minutes.

The spokesman continued: "To apply you will need to have a high level of fitness, be committed to providing service to the community and have good unaided vision and colour vision.

"If you think you have what it takes to join our team and serve and protect your community, come along to our recruitment day on September 24 at Llantwit Major Fire Station, Llanmaes Road, Llantwit Major, CF61 2XD between 10am and 3pm.

"You'll have the opportunity to discuss the role with serving firefighters, practice some of the selection tests and apply on the day if you meet all of the qualifying criteria."

Visit www.southwales-fire.gov.uk or follow @SWFRS_Careers for more information about a career in the Service.

IN BRIEF

Choir try-out

A TASTER session for the Forget-me-Not Chorus, the charity supporting people with dementia and their families, takes place at 2pm – 3pm on Saturday, September 17 in the Lesser Hall, Town Hall Cowbridge.

Refreshments provided. To book your place, contact aholloway@PenarthTownCouncil.org or call 029 2071 3840.

Councillors' surgery

LLANTWIT First Independents will be holding a surgery at the Heritage Centre, Town Hall, Llantwit Major on Saturday, September 17 from 9.30am – 11.30am. Residents who have any issue to raise are welcome to attend.

CAOS concert

CAOS Musical Society will perform *Trial by Jury* by Gilbert and Sullivan at Dinas Powys Parish Hall, Britway Road, Dinas Powys, on September 30 and at Rhoose Community Hall, Stewart Road, Rhoose, on October 1.

Both performances start at 7.30pm and are followed by a ploughman's supper. Tickets (£8) are available in advance from Dinas Vets or Rhoose Spar, or by telephoning 01446 713110.

Amelia Trust annual harvest family fun day

Jane with Alistair Leith from the Organic Field Days project selling pumpkins at the fun day event.

ON Saturday, September 10 Vale AM Jane Hutt supported the Amelia Trust Farm's annual family fun day.

There was lots on offer, including tractor rides, music, a raffle and children's games.

Ms Hutt said: "I am delighted to support this wonderful family event at the Amelia Trust Farm. All money raised helps the farm to continue the excellent work it does with disadvantaged young people."

'First Minister in denial over democratic decision by Welsh electorate'

BRITISH political history is littered with the names of party leaders who were either unwilling or unable to agree with the wishes of the electorate at the ballot box and who proceeded with their own agenda only eventually having to fall on their own sword.

Our First Minister appears likely to have his name added to that list.

The changing political landscape of Wales was reflected in the Assembly election in May with Labour's representation in the Chamber being reduced to 29 with the loss of the Rhondda, an unprecedented rejection of Labour in what must be described as one of Labour's heartlands, the Liberal Democrats losing all their seats but one and the emergence of UKIP.

Indeed, our First Minister only survived the first vote on his re-election as First Minister with the support of the sole Liberal Democrat AM.

Not withstanding this obvious diminishing of the authority of Labour both within and without the chamber, the message given by them to the electorate was that once again we, the Welsh people, had shown our support for their policies and leadership. Somewhat ironic if one looks at the real message delivered by the people with their votes.

Since the election, there has been little or no progress in stimulating our economy in order to increase our GDP, which remains of great concern, or to reduce the financial burden placed on our economy by an over-sized public sector that for a country of our population, is simply out of control.

The referendum on Europe was supposedly to be on non-political lines, but Labour here in Wales was constantly 'preaching' the folly of even thinking about Wales voting in favour of Brexit, and it resulted in Wales voting to step out of the EU controlled zone.

Indeed, the old industrial areas of Wales where Labour once had a stranglehold were the areas most in favour of 'leave' including the Bridgend area where our First Minister is the AM.

Unfortunately, our First Minister continues to be in denial with regard to the decision taken democratically by the majority of the electorate. Far from presenting Wales as a forward-looking nation seeking to take the opportunities that Brexit offers, he seems determined to preach doom and gloom for the years ahead.

His comments made recently in America are not what we expect from anybody who has taken on the responsibility to speak for the future of this great nation as we forge ahead.

The time has arrived for a more positive approach from our First Minister both to the challenges and opportunities here in Wales and on the world stage.

Gareth Jones, Colwinston.

MOTHER'S CALL TO RAISE AWARENESS OF SEPSIS

WITH 2,200 deaths from Sepsis each year in Wales, there are calls to raise awareness of the illness among the public and healthcare professionals to ensure people can spot the signs of this life-threatening illness early.

Rebecca Howells with her son Sam, who survived sepsis four years ago.

As part of World Sepsis Day (September 13), Cardiff and Vale University Health Board has teamed up with UK Sepsis Trust to raise awareness of this life threatening condition that arises when the body's response to an infection injures its own tissues and organs.

Rebecca Howells' son Sam contracted sepsis when he was four years old following a bout of pneumonia. Sam beat the odds and overcame a five per cent chance of survival, facing brain damage, amputation and locked in syndrome during his illness.

He is now eight years old and has undergone nine operations over the last four years and is now riding his bike and taking part in sports days.

There are 10,000 cases of sepsis in children each year of which 1,000 will die. Rebecca is keen that there is more awareness of sepsis so no one has to go through what her family did four years ago.

She said; "Over the last four years for me it has been evident that the amount of information readily available on sepsis is lacking. I was sitting in the doctor's surgery recently and there were so many leaflets on meningitis but nothing on sepsis.

"We, the public and some healthcare professionals, are not necessarily clued up on the signs of sepsis which can be caused by any sort of bacteria.

"What I'd like is to raise awareness of sepsis so that people know the signs and know when to take action. Spotting the signs early could help save a child's life and some people unfortunately don't have the same outcome that Sam had."

The signs of sepsis in children include breathing very fast, a fit or convulsion, pale, mottled skin, a rash which does not fade when pressed, and very lethargic and cold to touch.

Paul Morgan, consultant intensivist and sepsis lead at Cardiff and Vale UHB said: "Across the world someone dies of sepsis every three-and-a-half seconds with deaths in Wales hitting 2,200 per year. This costs the NHS approximately £125 million. The human cost however, is immeasurable for those who survive sepsis and those who are bereaved.

"Families can be left devastated by sepsis, whether their loved one survives or not. Many survivors are left with long-term physical and psychological damage.

"The key to improving outcomes from sepsis is early, appropriate, aggressive treatment. However, this means that the levels of awareness and knowledge must be raised amongst both the public and healthcare professionals alike."

To find out more about sepsis, visit: www.world-sepsis-day.org; www.sepsistrust.org; www.1000livesplus.wales.nhs.uk/what-is-sepsis/.

Go to the **The GEM** for the latest stories and breaking news...
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www.llantwit-major-today.co.uk
www.bridgend-today.co.uk
www.porthcawl-today.co.uk

Lucky winner should sleep soundly on his prize bed!

Jake Harris accepting his winning bed and Silentnight Hippo and duck from Rhian Francis, Managing Director at the Place For Homes.

THE winner of a competition organised by The Place for Homes and Silentnight was Mr Jake Harris.

The prize was a Silentnight bed, and Mr Harris is pictured collecting his prize from Mrs Rhian Francis, the MD of The Place for Homes, at Llandow.

Mrs Francis told The GEM: "Mr Harris was shocked and delighted at being chosen at random from the hundreds of people who entered the competition at the Vale of Glamorgan Show in August.

"Mr Harris selected the Silentnight 1200 Mirapocket, Which magazine's Best Buy for 2016.

"The promotion was to launch the first and only Silentnight Sleep Centre in Wales at The Place For Homes in Llandow, Cowbridge.

"The Silentnight Platinum bed selection, including the Which Best Buy Bed, is on display and exclusive to The Place for Homes in Wales.

TEDDY BEARS' PICNIC

A TEDDY bears' picnic and treasure hunt walk takes place on Sunday, September 25 at Romilly Park, Barry, starting with the treasure hunt at 11am at the west entrance gate (near the tunnel).

The teddy bears' picnic will begin at 12 noon, and parents are asked to bring their own blanket, picnic and teddy bear. A minimum donation of £3 for both events will go towards the Mayor's chosen charities.

In the event of inclement weather, the event will be cancelled. For further information, contact Julie on 01446 704922 or email juliehurd@barrytowncouncil.gov.uk.

Energy saving advice in Penarth

VALE residents could be able to save money on their energy bills with help from the Welsh Government Warm Homes Nest scheme.

The Nest team will be at the Care and Repair 'Warm Up for Winter' event at the Paget Rooms in Penarth on Wednesday, September 21 to provide free energy saving advice to those who worry about their energy bills. The team will be available from 10am to 2pm.

In addition to advice, people who receive a means tested benefit and live in a home that is hard to heat may also be eligible for free home improvements from Nest. These may include a replacement boiler, central heating system or insulation.

Lee Parry, Head of Nest, said: "Since the scheme started in 2011, Nest has provided free advice and support to over 85,000 households across Wales with over 23,700 householders benefiting from free home improvements."

Nest can be contacted on Freephone 0808 808 2244 or visit www.nestwales.org.uk.

Giving a lift in the Vale

THE Lift (Life Is For Today) group offers friendship and support to those affected by breast cancer.

It meets in Cowbridge once a fortnight, either between 10am and 1pm for relaxation therapies or 2pm to 4pm for other activities, such as speakers or trips out.

Come and join us, bring a friend, for friendly, supportive and confidential get-togethers.

If you know anyone who might benefit from this group, please ring Anne on 01446 772843. We look forward to seeing you.

JH

PENCOED COMPREHENSIVE
GORAU ARF ARF DYSG
' A Caring, Community Focused School' – *ESTYN*

The Head, Staff and Pupils invite Prospective Parents and Pupils to our
Open Evening Thursday 22nd September, 2016.
Tours start at 4 or 4.30pm

In Spring 2015, Pencoed Comprehensive was categorised as a 'Green' (Highly Effective) school by the Welsh Government - Group 1 for standards and Grade A for ability to carry out improvements. One of only nine secondary schools across the Central South region and one of thirty schools (out of 211) across Wales.

In **Summer 2016**, the school celebrated our **best ever GCSE results**, with **72% of mainstream pupils achieving five or more A*-C passes, including English and mathematics**. In addition, nearly every pupil sitting GCSE exams in 2016 gained five or more passes at A* to C across all subjects.

All of this, coupled with the launch of the **Penybont Sixth Form College** at Pencoed Comprehensive - our ground-breaking partnership with **Bridgend College** - means that there has been **no better time to join us at Pencoed!**

Coychurch Road, Pencoed, Bridgend 01656 867100
admin.pencoedcomp@bridgend.gov.uk www.pencoedcs.bridgend.sch.uk
follow us on twitter @pencoedcomp

Barry Community Garden makes bid for 'Bags of Help'

Lisa Williams, garden manager (right) with garden volunteers.

BARRY Community Garden, managed by Newydd Housing Association, has been shortlisted for the Tesco Bags of Help initiative and is bidding to bag a massive cash boost.

Tesco supermarket has teamed up with 'Groundwork' on its 'Bags of Help' initiative, which awards grants of £12,000, £10,000 and £8,000 – all raised from the 5p bag levy – to environmental and greenspace projects.

More than 2,800 groups up and down the country applied for grants from the scheme, but only three groups in each of Tesco's areas have been shortlisted. Shoppers are being invited to head along to their local Tesco stores to vote for who they think should win the top grant.

Barry Community Garden, managed by Newydd and owned by the Vale Council, is an outdoor project in Gibbonsdown available to the whole community.

Since Newydd took over the garden in spring 2015, it has been transformed by volunteers from a disused piece of land into a beautiful garden, with activities and facilities for people to enjoy.

Lisa Williams, the garden manager, said: "We are thrilled to be shortlisted! We are currently working on a project with the Construction Youth Trust and RNIB to transform a part of the garden into a sensory area.

"With this money we could design and create an area that would provide a stimulating environment for those with sight loss."

Lindsey Crompton, head of community at Tesco, said: "The first round of the Bags of Help initiative was a fantastic success. In total, 1,170 community groups were awarded £8,000, £10,000 or £12,000 – that's £11.7 million being invested in local projects.

"We are delighted to open the voting for round two. There are some fantastic projects on the shortlists and we can't wait to see them come to life in hundreds of communities."

Groundwork's national chief executive, Graham Duxbury, said: "Bags of Help is giving our communities both the funding and the support to create better, healthier and greener places for everyone to enjoy. We've been thrilled to see the diversity of projects that have applied for funding, ranging from outdoor classrooms, sports facilities, to community gardens, play areas and everything in between. They're all fantastic projects that make a real difference in our neighbourhoods."

Voting is open in stores from Monday, September 26 to Sunday, October 9. Customers will cast their vote using a token given to them at the check-out in store each time they shop.

Classic car club goes extra mile for Marie Curie

ON Wednesday, September 28 members of the south Wales branch of the Morris Minor Owners Club (MMOC) will be fundraising in Tesco Penarth to help raise money for the Marie Curie Cardiff and Vale Hospice.

The members will also be visiting the hospice on Thursday, September 29 with their charity car to meet the staff.

The event is part of celebrations for the 40th anniversary of the MMOC which are being marked by an ambitious national expedition that will raise money for Marie Curie, the UK's leading charity for people living with terminal illness and their families.

The club is taking an iconic 1962 Morris Minor on a trip across the UK, visiting Marie Curie shops and all nine of Marie Curie's hospices, on the way.

The car will journey from John O'Groats to Land's End over a period of around five weeks and will also visit a number of locations that are significant to the history of the car and the development of the club, which was first established in 1976.

When the car stops in Penarth it will be joined by Morris Minor owners (and their cars) from the south Wales branch of the club (MMOC).

Georgina Burke, of Cardiff and Vale hospice, said: "We can't thank the MMOC and their members enough for their kind and continued support for Marie Curie. It really is an ambitious journey and it's heart-warming to see them sharing their passion for the Morris Minor in such a positive way. The marathon will raise vital funds that will make a real difference for people in the UK who are living with terminal illness, and for their families."

The marathon begins on Friday, September 2 and is scheduled to reach Land's End on Saturday, October 1. Over the course of the trip, the car will cover 135 individual stages and make 75 stops.

Citizens' Advice says 'make prompt pension plans'

TODAY (Thursday, September 15) is Pension Awareness Day and Cardiff & Vale Citizens Advice is encouraging people to plan earlier for a comfortable retirement.

The charity says that many people in Cardiff and the Vale find pensions confusing and can be put off by complex language and paperwork, leaving their retirement plans to the last minute.

Previous research from national Citizens Advice shows that one in four people (27 per cent) with a defined contribution pension feel they don't understand their pension plan.

The research also finds people aren't checking their pension, with just under a quarter of people (22 per cent) not knowing how much was in their pension pot and almost one in six people (15 per cent) checking their pension value less than every two years.

Following last year's pension freedoms, people who are 55 and over now have more options on how to take money from their defined contribution pension.

The changes mean that for the first time you have the option to buy an annuity (a guaranteed income), take an adjustable income, cash in a lump sum or a mixture of these options.

Cardiff & Vale Citizens Advice offers face to face appointments with the government's guidance service, Pension Wise, where people 50 and over with defined contribution pensions can get free and impartial information about their options.

Roger O'Brien, Pension Wise guidance specialist, said: "Many people don't engage with their pension until it's time to make a decision about their retirement.

"While retiring from work may seem far away, we're encouraging people to start making plans for their retirement savings.

"The pension freedoms mean there are more options than ever before and our Pension Wise team can help get you on the right track to a financially secure retirement."

To book a face to face or telephone Pension Wise appointment, call 0800 138 8292. Otherwise, you can visit Cardiff & Vale Citizens Advice to book an appointment.

'Mr Sleek' announces his 'Woman Of The Year' who lost an incredible nine stone

SIONED WATKISS from Barry was crowned Slimming World's Woman of the Year at Buttrills Community recently, after losing an incredible nine stones.

Sioned had said that when she first joined her local Slimming World group, she was a bag of nerves.

"I need not have worried because everyone was so lovely and friendly, and incredibly supportive. I had the shock of my life when I got off the scales for the first time – I was 19st 2lbs."

Sioned explained: "I've struggled with my weight since childhood. I used to go to the dietician in our local doctor's surgery in Llanberis, north Wales to get weighed every week.

"I was only 13 or 14 at this time and I used to feel very embarrassed as my friends at school were all slim.

"I got bullied for a short period of time in school. I don't really like to talk about it but I did have some children kick me in the corridors and even try and push me down the stairs, and they would call me beast.

"I moved to Cardiff when I was 21 and piled on more weight. I tried all the fad diets going. I even tried joining the gym and soon got bored as there was no change really in me.

"Even with my wedding coming up I still didn't do much about it, and my wedding dress was a size 20!

"With Slimming World, nothing is off-limits and you never, ever feel hungry. In just six months I had already lost over four stones. If I wanted treats, I had them. If I had a gain one week, I kept going to the group. I knew the plan worked, and I loved the changes it was making, so I kept going.

"By Christmas 2015 I had lost six and a half stones. I went home to north Wales to visit family and friends and the reactions I got were simply amazing. My mother was in tears and popped open a bottle of champagne, saying that this was an 'OMG' moment and that they were so proud of me!

"At the beginning of the year, my husband Steve and I bought our very first home in Barry and I managed to still make my way to my Slimming World class until my husband spotted a poster to a class in Barry on a Saturday morning.

"This was perfect for me. Soon Martin took over the class and I knew he was going to be amazing.

"We have a very lively and warm group, and the encouragement and support he has given to me is truly fantastic.

"Martin asked me if I wanted to be part of our social team, so I get the chance to help others on their journeys too. I love it.

"Martin is such an inspiration to the class having lost ten stones himself and being a national competition winner.

"I was over the moon to be awarded Woman of the Year 2016 in our group. With nearly nine stones off, I'm slowly getting close to target."

Martin added: "Sioned is such an inspiration to the members and we all love her in the group. She never fails to attend, because she wants to help others on their own path too. She really is a beautiful person on the inside and out. I was so privileged to be able to put Sioned forward to the next stage of the national competition."

The group meets at Buttrills Community Centre, North Walk, CF62 7EY at 8am and 10am. If you would like to, come along, or contact Martin on 07827 445 570.

Sioned Watkiss, before Slimming World...

...Sioned now!

WHAT'S ON, AND WHERE?

Tax advice

DO you worry your tax affairs? Do you know if you are paying the correct amount?

Age Connects Cardiff and Vale run a free monthly tax advice surgery at the Age Connects Senior Health Shop, 38 Holton Road, Barry; the next session will be on Monday, September 26 from 9.30am – 11.30am. No appointment is needed, just come along and have a chat to the retired tax advisers.

Contact 01446 732385 for further information; home visits can be arranged if needed.

Soroptimist fashion show

BRIDGEND

Soroptimists are holding a fashion show on Wednesday, October 26 at the Heronston Hotel, Bridgend at 7pm.

Fashions are by Samantha B of Ewenny and tickets £10, to include bubbly and nibbles!

Call Carys for tickets on 07817 501630; all proceeds to Y Bont charity.

Taking in the rich history of Chepstow

TERRY from Penarth and District Ramblers was joined by a group of eight for the train journey from Cardiff Central over the border to Chepstow on a beautiful sunny morning.

Heading through the town and reaching the ruined old Port Wall and then Gunstock Wharf which is renowned for its history of shipbuilding, just downstream was the rebuilt 19th century cast iron Chepstow Bridge which spans the River Wye.

Beneath their feet a colourful ceramic tile mural beside the river marks the start or finishing point of the Wales Coast Path, depending on whether you are starting or finishing, and depicts all the counties the path passes through on its 870-mile journey from Chepstow to Flintshire.

Returning back into the town where the 15th century Priory Church of St Mary was constructed by the Norman lord William FitzOsbern at the same time as the castle, a climb through a residential area led into woodland and the Bulwark, a 20th century residential area named after an Iron Age hill fort which is known locally as The Warren.

A tunnel below the busy M4 followed by the circumnavigation of a large industrial complex led into fields for the journey to Mathern village and the church dedicated to St Tewdrig, who was King of Gwent.

Following victory at the battle of Pont-y-Saeson near Tintern, during which he was badly injured, and making the journey back to Flat Holm in the Bristol Channel, Tewdrig died and is buried at the place where the church now stands.

Crossing onto St Pierre Golf Course, fields and a railway line on the Caldicot Levels led them to the grassy banks of the River Severn with its fine views of both Severn crossings on the skyline.

As this area has the second highest tide in the world, the area is composed of sandbanks, mudflats, wetlands and salt marshes, which they passed as they trekked on to reach Black Rock for lunch in the picnic area.

This historic site once led the Roman legions by boat across the river to Chissell Pill near Bristol and in more modern times is home to 'Lave Net' fishing using traditional Y-shaped nets to catch fish on the ebb tide.

Continuing to Sudbrook, where most of the housing was built for the workers and their families during the construction of the Severn Tunnel, and passing underneath the second Severn Bridge, curving its way across the river, they returned inland to the special station that was built on the Caldicot Levels at Rogiet to serve Severn Tunnel Junction before boarding the train home.

On September 17, meet at 8.30am at Cogan Leisure Centre for an 11-mile moderate circular walk from Glasbury to Hay-on-Wye; contact Sylvia on 029 2070 8758.

On September 18, meet at 8.30am at Cogan for a 10-mile hard walk taking in Fan Brycheiniog, Llyn y Fan Fach and Fawr; contact Robin on 029 2051 4051.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, then please contact the walk leader for advice. Programmes and membership advice can be obtained from Pam on 029 2025 5102.

JOY STRANGWARD

The Penarth Hockey Club news round-up

PENARTH Hockey Club's second XI faced a tough task in their opening pre-season friendly, lining up against a Llanishen & Caerphilly side that will be playing in the league above them this season.

It was a first test for the new captain/vice-captain combination of Sam Chick and Jamie Davison, who take over the reins from Matt Birch and James Davies, who bowed out after leading the team to De Cymru 2 league success and a cup final appearance last year.

Penarth started strongly and, with a new formation, managed to dominate the opening exchanges, appearing to take an early lead after only ten minutes when Tom Parkinson did extremely well to find Matt Birch, who slapped the ball home at the far post, only for the goal to be controversially ruled out for an earlier offence by the Llanishen & Caerphilly defence.

Penarth and Birch were not to be denied, however, with the former captain converting a second chance minutes later, after Chris McCarthy had robbed a visiting defender inside the 'D' and fed the ball to the far post.

Llanishen & Caerphilly tightened up after conceding the goal and, in their frustration, Penarth were guilty of losing their shape a little, forcing goalkeeper Mark Harris into action before the interval.

On both occasions, however, the Welsh Over-40s regular was up to the task and the home side went into half-time still a goal to the good.

Penarth were able to regroup during the break and, as in the first half, were again able to dominate the opening exchanges at the restart.

In a repeat of the earlier passage of play, their efforts would be rewarded with a goal when an excellent attacking move was neatly converted by Dave Kidby.

Penarth remained on top for the rest of the game, but were guilty of some rusty finishing and were unable to add a third goal before the final whistle.

Much credit for the eventual 2-0 scoreline must also go to the defensive efforts of the back four, which limited the visitors to a few half-chances and gave Harris a relatively quiet afternoon between the sticks.

The performance and final result, however hard-earned, will give the Vale side to take a lot of confidence to take to Swansea this weekend for the annual cup qualifying competition.

After losing in the Welsh Challenge final last season, Penarth will aim to go one step further this time around, and can qualify for the semi-finals if they can finish in the top two in the seven-team tournament on Saturday.

PENARTH 7, NORTH SOMERSET 5

The first XI continued their preparation for the coming season by hosting North Somerset in a high-scoring encounter at Stanwell School.

After a series of 'unofficial' friendlies throughout August, the senior Penarth side upped the ante by facing off against a side from the parallel Conference South division as they look to build on the league and cup double that not only earned some welcome silverware for the Vale club but also elevated them further into the Wales and West echelon of the GoCrea8 Hockey League.

With a handful of new faces in the ranks, attracted to Penarth by the free-flowing hockey exhibited throughout 2015-16, the home side were able to create a lot of pressure on the North Somerset area, but also needed to defend against the strongest opposition faced in some time.

Penarth eventually ran out 7-5 winners on an afternoon where both goalkeepers got a good work-out, and will take heart from the performance of a side still missing some of its regulars as it moves closer to its Conference North debut on October 1.

LLANISHEN & CAERPHILLY 'A' 4, PENARTH C 0

Bolstered by a number of third XI players, Penarth's reformed 'C' team travelled to face Llanishen & Caerphilly in their first fixture in over 20 years.

Having thought that the opposition was going to be comprised of players from the Cardiff club's lower 11s; however, the visitors found themselves facing a side predominantly made up of second XI players.

Despite this, the embryonic Penarth side gave a good account of themselves and, whilst rarely threatening the Llanishen goal throughout a game based around the unusual format of three 25-minute periods, the final 4-0 scoreline was hardly a fair reflection on a game where the Bears more than held their own for long periods.

With youngsters Jack Ritchie and man-of-the-match Rhys Meddins making their senior debuts, the future looks to be one of great promise for the club in general and Penarth 'C' in particular.

This Saturday sees the 'C-siders' travelling to Newport to face a Gwent 'B' development side with more of the promising youngsters coming through the Penarth youth development programme expected to be given their senior debuts.

All four Penarth Hockey Club sides are due to be in action this weekend with the second XI looking to come through the qualifying stages of the Welsh Cup competitions, while the firsts entertain Whitchurch 'A' ahead of the third XI's fixture with Cardiff Medics, as the fourths travel to Newport to face Gwent 'B'.

Anyone interested in joining the club at senior or youth level can contact club secretary Dave Stevens (d_stevens81@hotmail.co.uk) for further information. **CL**

Cowbridge Darts League round-up

ON Tuesday, September 6, the 2016-2017 season of the Cowbridge Darts League got underway.

Last season's champions, the Edmondes B, got off to a good start beating the Highwayman Inn 7-2.

The Edmondes A beat the new team, the Victoria Inn, 7-2 and Six Bells Inn beat the Farmers B by the same score.

The Edmondes C beat the Red Lion 8-1, while in the tightest match of the evening Llanharry beat the Farmers Arms 5-4.

It was an evening of high-scoring darts with Lee Davies (Llanharry), Richard Williams (Edmondes C) and Martin Thomas (Edmondes B) hitting 180s and some excellent three-dart-outs by Tony Fox (Farmers Arms) 88 and Martin Thomas (Edmondes b), 94, but the first 100+ out was achieved by Joan Burt (Red Lion) 115.

Present league standings, after one game, are: Edmondes C (8 points), Edmondes B, Edmondes A and Six Bells Inn (7), Llanharry (5), Farmers Arms (4), Victoria Inn, Farmers B and Highwayman Inn (2) and Red Lion (1).

Next week, Tuesday September 20, we have another full programme of league fixtures.

The Edmondes B hosts the Victoria Inn, the Farmers B hosts Llanharry, the Edmondes C hosts the Highwayman Inn, the Red Lion hosts the Farmers Arms and the Six Bells Inn hosts the Edmondes A.

All matches start at 8.15pm and spectators are always welcome.

For further information e-mail Paul at cowbridgedarts@gmail.com, up-to-date information can be found on the website: www.darts.apsn.co.uk. **PJT**

Cowbridge under-13s in high-scoring game

COWBRIDGE under-13s kicked off their 2016-17 campaign with a pre-season fixture played over three periods at 'altitude' against Pentyrch.

After a summer with significant changes in personnel the coaches were left pleased with the effort of a squad which showed promising signs for the campaign ahead.

Cowbridge started the game in terrific fashion with good ball retention by the forwards through several phases of play, leading to a well-taken score from the excellent Fin Brace.

Pentyrch hit back quickly as some defensive lapses and rusty organisational play allowed their two speedy wingers to run in three unanswered tries to finish the first period the stronger, the score 19-5 to Pentyrch.

The second period saw a more aggressive defence and good line speed from Cowbridge ratchet up the pressure on the home side.

The hosts looked more vulnerable and some sustained pressure allowed Brace to cross for a well-taken second try, injuring himself in the process.

This was swiftly followed by a superb individual score from Fin Sullivan who rounded his opposite number and flew in from 50 yards for the score of the day to make the score 19-15 at the end of the second period.

Pentyrch came out for the final period having been given a talking to by the coaches and a lapse in concentration by Cowbridge after a Pentyrch clearing kick saw them cross for a further converted score.

With time against them, Cowbridge upped their game around the contact area and worked their way up the field for Tom Brennan to gallop over from short range and bring the boys to within a score, Akka Guwy adding the conversion.

With the last action of the game however, the hosts added another well-worked try after a fine bullocking run by their tall substitute lock, the final score 31-22.

A near-full squad had valuable game time in this outing and gave a good account of themselves against the former district champions.

Tightening up the defences for this Sunday's visit of the dangerous Llanishen side is a must, but all the boys, and especially the three new squad members, acquitted themselves well to set up a mouth-watering season ahead.

Squad: Lewys Robins, Finlay Ball, Sebastian Johns-Powell, Alfie Rees, Tom Brennan, Rhys Ford, Aron Kempson, Oliver Jones, Ifor Rees, Robbie Brown, Akka Guwy, Archie Lloyd, Rhys Pritchard, Steffan Evans, Paddy Kennedy, Aaron Holcombe, Rhys Hardman, Finlay Brace, James Jones, Finlay Sullivan, Will Harris. **IH**

Millwood wrap up the season

WEDNESDAY evening saw Millwood A side welcome runaway leaders of Division 7 Penygraig to the club for the final match of the 2016 season.

The match got underway and after five ends the game was all square, 16-16. Over the next five ends, Alan Bumford and Peter Taylor and their rinks were proving equal to the task against their opponents, but Gary Williams and Jim Butler with their rinks were finding their opponents rather hotter to handle and overall the score started to swing against the home team, 37-27, in the visitors' favour.

Nevertheless Millwod teams are known for their tenacity and continued to fight strenuously on all rinks, but our visitors were not going to be denied their aim of completing the season unbeaten and won the match 71-61, which, as their captain conceded in the after-match speeches, was the closest result for them all season.

Congratulations to all Millwood players for a fine effort.

Club captain Alan Evans thanks all members for their support this season and wishes all indoor bowlers good bowling over the winter and looks forward to meeting members at the social functions arranged over the winter at the clubhouse.

Finally a big thank you to The GEM for their support not only to us at Millwood but the local bowling community generally. **BH**

Go to our dedicated sports page for the latest stories and breaking news... @sport_gem

Great turnout for Highlight Race

ABOVE LEFT: Martin Rudkin came first sailing Tomahawk, and ABOVE RIGHT: Brian Dotchon came in second place.

THE 49th annual Highlight Race was held at Barry Yacht Club on Saturday, September 10, with 20 boats lining up at the start.

The weather forecast for Saturday was very good and this appears to have encouraged both visitors and BYC members to take part.

The very encouraging entry of 20 vessels included nine visitors, from Porlock Weir Boating & Sailing Club and Cardiff Yacht Club.

The actual weather was somewhat overcast but the wind was generally a moderate force three from the northwest and the sun did make a short appearance towards the end of the race. The wind remained steady for most of the time with only occasional increased gusts.

The course set by the officer of the day, Vice Commodore John Wilson, received general approval and involved a broad reaching first leg from the start off Jackson's Bay to the Holm Middle buoy which is located between Flat and Steep Holm.

There followed a beam reach up to the Tail Patch buoy north east of Flat Holm before the beat home to Barry via the South Cardiff buoy off Lavernock Point.

The fleet spread out quite quickly from the start with the faster boats, and those flying spinnakers, getting ahead. It was necessary to jibe at the first mark for the reach on port tack to Tail Patch.

At this point competitors had to decide whether to remain on port tack, and cross the shallow water off Cardiff, or come about onto starboard tack towards Flat Holm.

The majority decided to stay on port and seek the first of the ebb tide inside the Cardiff banks. Those that went onto starboard appear to have gained an advantage by entering the flood tidal shadow to the east of Flat Holm.

The eventual winner, Tomahawk, sailed by Martin Rudkin of Barry Yacht Club, followed this course. The second and third boats, Brian Dotchon's Sally Loper, also of BYC, and Hidden Secret, sailed by Colin Brooks of Cardiff YC, went in towards Cardiff.

The wind freshened at times during the final beat home and there were some short seas to negotiate off Lavernock Point and Sully Island when the ebb began to run.

The leading boat, the Soling keelboat Madcap, finished the course in less than three hours and the leading cruiser, Violet Flame, was only some 15 minutes astern.

The finishers were then spread out over a period of about one and a half hours. The prizegiving took place later that evening at the BYC Clubhouse before a well-attended supper.

Generous money prizes and replicas were awarded to the first three boats on corrected time and there was also a special trophy for Madcap (Mark Fisher) the first boat home.

Trophies were also awarded to the first boat from the north shore of the Bristol Channel, won by Tomahawk, and from the south shore, won by Sophie of Porlock Weir BSC.

John Webb, Highlight Building, and John Wilson, Vice Commodore, thanked the competitors for attending and those involved in organising the event both afloat and ashore.

The general consensus was that everyone had a very enjoyable day both afloat and in the convivial atmosphere of Barry YC.

The race, which was original named the BBC TV Race, has been generously supported by Highlight Building and Property Maintenance since 2010. **SK**

Belle Vue sign off season with a win

BELLE VUE won their last game of the season in the Cardiff League by 10 points to four, winning by 12½ shots after adjustment.

Rink one won by 19½ to 18 after the score adjustment, again this rink had only three men in. Lead was Richard Fitzjohn, No 3 was Dave Miller and the skip was captain Malcolm Thomas.

Rink two won 31-8. The lead was Gerry Field, No 2 was Paul Booth, No 3 was Barrie Bagwell and the skip was Dave Purser.

Rink three lost 21-17. The lead was Colin Scammell, No 2 was new recruit Dave Bradley, No 3 was Richard Brant and the skip was Trevor Ford.

Rink four also lost 23-15. Lead was Frank Keen, No 2 was Gordon Ford, No 3 was Len Fowler and the skip was Paul Paterson.

All in all, Belle Vue had a very good league season, the best for a few years. Well done, everyone. Both the captain Malcolm Thomas and the chairman, Dave Purser, praised the team for their efforts for the season.

Lastly, Belle Vue would like to thank Caerphilly Bowling Club for good buffet and the spirit the game was played in.

See you all next season, and best wishes from me.

FRANK KEEN

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MINIS AND JUNIORS GET NEW KIT BOOST!

WITH the previous kit starting to show its age after four seasons of use, plus a massive intake at under-7s and an under-16s team, Llantwit Major mini and junior RFC decided it was time to invest in a new strip.

As you can imagine, the cost to kit out the whole section is phenomenal so sponsorship is needed to help with costs.

Due to the economic downturn the previous main sponsor was unable to continue to support the section so the search was on for a new sponsor. In the end assistance came from within with a number of parents coming to the rescue.

Paul Ingram of Pier Consulting stepped up to become the new main shirt sponsor. Paul, a father of two up-and-coming players, said: "We have a history of supporting grass roots sport with a number of previous sponsorship campaigns, and when my sons club was looking for a sponsor it was ideal for us to step in and assist.

"The mini and junior section have produced a number of top class players in the past and hopefully with our support a future Wales or British Lions player could come through the ranks."

With plenty of space left for further sponsorship, Dave Daw of Davey Daw Builders and Brian Henson of Sinclair Direct added to the funds.

Dave said: "As an ex-player and father to one of the under-10s squad I wanted to put something back into the club.

"The new kit looks fantastic and hopefully helps the boys and girls feel proud to represent Llantwit Major RFC."

Brian, who is also chairman of the mini and junior section, added: "Our son is now in the final group of the section and has enjoyed playing at every age since six years old!

"My company has supported where they can, mainly by sponsoring the annual tournament.

"The section has continued to grow and it's great to see so many new children join the club and start their rugby playing career."

IG

Taste of defeat a unique one for the under-11s!

THE under-11s Cowbridge rugby team experienced something for the first time since they were under-9s on Sunday – they didn't win a tournament they had entered!

The coaches decided to give the boys an early season test and entered the Newbridge tournament, where as well as the hosts, we would be playing Blackwood, Pontypool and Ebbw Vale, none of whom we had ever played. Due to the size of our squad, two teams were entered from Cowbridge.

Cowbridge 1 were first up against Newbridge and the boys were clinical in their approach and ran out easy winners 35-0, with tries from Harry New (2), Osian Bruce and James Lord (2). It was pleasing that the forwards also got onto the score sheet with tries from Ned Rees and Ioan Phillips.

Cowbridge 2 then took to the field against Ebbw Vale. Unfortunately, we didn't play to our usual high standards and lost 50-0.

They were next up against Newbridge and started to demonstrate their ability, winning 10-0, with tries from L. Thomas and new boy Harry Smith.

Cowbridge 1 then returned to the field to play Pontypool, in a game where Harry New turned on the style, running in all of our three unanswered tries, winning the game 15-0.

Cowbridge 2 next played Blackwood, who were so large that we assumed they were on the wrong pitch and were looking for the under-13s area. We didn't manage to challenge them and lost 20-0.

Ebbw Vale then played Cowbridge 1, which proved to be the toughest game of the day. Harry New opened the scoring, which was followed by Ebbw Vale attacking our line for a sustained period.

Despite showing tremendous defence, they eventually broke through, to equal the score. Time was just about to run out, with both teams having given their all and Harry burst through their line, scoring his second of the game for a winning score 10-5.

Cowbridge 1 had to retake the field to face Blackwood and the previous game had taken its toll. They battled hard but just didn't have the energy reserves and lost a tight game 10-5, with Harry New once again on the scoresheet. Cowbridge 2 then played Pontypool and tried their best, but lost against a well-drilled team 30-5, with our try being scored by Will Brennan, in what turned out to be probably the try of the tournament running the length of the pitch.

We were due to play each other next, but the organisers decided to change the plan. Ebbw Vale and Cowbridge 1 had each lost one game and had scored the same number of tries.

It was felt that it would be unfair for the tournament to be decided on the outcome of Cowbridge playing ourselves, so it was agreed that Cowbridge 2 would play Newbridge again so as not to lose out on total game time and the Cowbridge 1 would play Ebbw Vale to decide the tournament winners.

Having already beaten both their respective opponents earlier in the day, the squad were confident entering their final games.

Cowbridge 2 sprinted into an early three try lead with scores from Harry Smith and Leo Beghini (2) only for Newbridge to get a late consolation try for a final 15-5 score.

The crowd then gathered to watch the final of what had been a great day's rugby. Ebbw Vale started strongly, attacking our line, but being unable to break through with our boys showing tremendous defence.

This didn't change for the entire game, as we just couldn't break through the Ebbw Vale line, but not letting them through ours. However, the game was all being played in our own 22.

In the final play of the game, their pressure told and crossed our line for the winning score of an exhilarating contest.

To come runners-up is a great achievement and the squad should be very proud. We look forward to our revenge when we are due to play them again in another tournament in a few weeks' time. Watch out Ebbw Vale!!

Even though we didn't win the tournament, we did win an award. Harry Smith won the player of the tournament award. Well done Harry.

Squad: Sam Sheppard, Charlie Berkley-Smith, Will Brennan, Ollie Gale, Corey Williams, Paddy Whitestone, Osian Bruce, Ned Rees, Joe Funtek, L. Thomas, Harry New, Josh Canning, Wil Martin, Joe Davies, James Lord, James Collingridge, Jacob Robson, Henry Davies, George Tuckley, Ben Stephenson, Ioan Phillips, Joe Arentsen, Harry Smith, Tom Hamlett, Leo Beghini, Luc Martin, Sam Jackson, Jimmy Williams and Tom Clarke.

AL

CYNGOR BRO MORGANNWG

Deddf Cynllunio a Phrynu Gorfodol 2004

Rheoliadau Asesu Amgylcheddol Cynlluniau a Rhaglenni (Cymru) 2004

Rheoliadau Cynllunio Gwlad a Thref (Cynllun Datblygu Lleol) (Cymru) 2005

Hysbysiad o Newidiadau Materion yn Codi i'r Cynllun Datblygu Lleol

Cynllun Datblygu Lleol Bro Morgannwg 2011 - 2026

Mae'n ofynnol i Gyngor Bro Morgannwg baratoi Cynllun Datblygu Lleol (Call) yn unol â Deddf Cynllunio a Phrynu Gorfodol 2004. Bydd y CDLl hwn, ar ôl cael ei fabwysiadu, yn disodli'r Cynllun Datblygu Unedol presennol a bydd yn sail i benderfyniadau ar gynllunio defnydd tir ym Mro Morgannwg. Mae CDLl Bro Morgannwg yn destun Archwiliad ar hyn o bryd ac mae'r Cyngor yn ymgynghori ar nifer o newidiadau arfaethedig sydd wedi dod i'r amlwg o ganlyniad i faterion yn codi yn ystod gwrandawiadau'r Archwiliad. Bydd y cyfnod ymgynghori yn para o **Ddydd Gwener 16 Medi tan hanner nos Ddydd Gwener 28 Hydref 2016.**

Mae'r newidiadau arfaethedig yn ymwneud ag elfennau o ddatganiad ysgrifenedig y CDLl a'r map argymhellion ac wedi eu nodi yn yr Atodlen Newidiadau Materion yn Codi (NMC). Gellir gweld copïau o'r Atodlen NMC, ynghyd â dogfennau'r Arfarniad Cynaliadwyedd NMC (AS) (yn cynnwys yr Asesiad Amgylcheddol Strategol) ac Asesiad Rheoliadau Cynefinoedd (ARhC) NMC ar wefan y Cyngor - www.valeofglamorgan.gov.uk/ldp Mae copïau caled hefyd ar gael i'r cyhoedd eu harchwilio yn ystod oriau agor arferol yn y lleoliadau canlynol:

- **Cyngor Bro Morgannwg, Swyddfeydd Dinesig, Holton Road, y Barri, CF63 4RU**
- **Cyngor Bro Morgannwg, Swyddfa'r Dociau, Dociau'r Barri, y Barri, CF63 4RT**
- **Cyngor Bro Morgannwg, Alps Depot, Quarry Road, Y Wenfô, CF5 6AA**
- **Pob llyfrgell ym Mro Morgannwg**

Dylid anfon sylwadau ynghylch yr Atodlen NMC, NMC AS a NMC ARhC yn ysgrifenedig at (yn ddelfrydol ar ffurflen cyflwyno sylwadau) **y Tîm CDLl, Cyngor Bro Morgannwg, Swyddfa'r Dociau, Dociau'r Barri, y Barri, CF63 4RT.** Mae'r ffurflen i gyflwyno sylwadau i'w chael o'r lleoliadau uchod neu ar-lein www.valeofglamorgan.gov.uk/ldp. Gellir anfon ffurflenni sylwadau wedi eu cwblhau un ai at y Tîm CDLl yn y cyfeiriad uchod neu drwy e-bost i ldp@valeofglamorgan.gov.uk.

Ar y pwynt hwn dim ond sylwadau yn ymwneud â'r Newidiadau i Faterion yn Codi y dylid eu gwneud. Nid yw'r ymgynghoriad yn gyfle i ychwanegu at sylwadau blaenorol nac i gyflwyno sylwadau newydd ar rannau o'r Cynllun nad ydynt yn wynebu newid. Caiff unrhyw sylwadau o'r math hwnnw eu diystyru oherwydd y dylid fod wedi eu gwneud yn ystod cyfnodau cynharach o baratoi'r Cynllun. Caiff sylwadau priodol eu hystyried gan yr Arolygydd a benodwyd i archwilio cadernid y cynllun. Nodwch y bydd yr holl ymatebion ar gael i'r cyhoedd eu gweld ac ni ellir eu trin yn gyfrinachol.

Ar gyfer unrhyw ymholiadau yn ymwneud â'r Archwiliad, cysylltwch â'r Swyddog Rhaglen Sarah Knevett ar 01446 704610 neu e-bostiwch programmeofficer@valeofglamorgan.gov.uk

Gellir cael mwy o wybodaeth ar yr ymgynghoriad Newidiadau Materion yn Codi ar wefan y Cyngor www.valeofglamorgan.gov.uk/ldp neu drwy gysylltu â'r tîm CDLl drwy e-bost: ldp@valeofglamorgan.gov.uk neu drwy ffonio: 01446 704665/ 704663.

The Vale of Glamorgan Council

Planning and Compulsory Purchase Act 2004

The Environmental Assessment of Plans and Programmes (Wales) Regulations 2004

The Town and Country Planning (Local Development Plan) (Wales) Regulations 2005

Notice of Matters Arising Changes to the Local Development Plan

Vale of Glamorgan Local Development Plan 2011 – 2026

The Vale of Glamorgan Council under the provisions of the Planning and Compulsory Purchase Act 2004 is required to prepare a Local Development Plan (LDP). The LDP will, upon adoption replace the current Unitary Development Plan and form the basis for decisions on land use planning in the Vale of Glamorgan. The Vale of Glamorgan LDP is currently undergoing Examination and the Council is consulting on a number of proposed changes that have emerged as a result of matters arising during hearing sessions of the Examination. The consultation period will run from **Friday 16th September to midnight on Friday 28th October 2016.**

The proposed changes relate to elements of the LDP written statement and the proposals map and are set out in the Matters Arising Changes (MAC) Schedule. Copies of the MAC Schedule, together with the MAC Sustainability Appraisal (SA) (incorporating the Strategic Environmental Assessment) and MAC Habitats Regulation Assessment (HRA) documents can be viewed on the Council's web site at www.valeofglamorgan.gov.uk/ldp. Paper copies are also available for public inspection during normal opening hours at the following locations:

- **Vale of Glamorgan Council, Civic Offices, Holton Road, Barry, CF63 4RU**
- **Vale of Glamorgan Council, Dock Office, Barry Docks, Barry, CF63 4RT**
- **Vale of Glamorgan Council, Alps Depot, Quarry Road, Wenvoe, CF5 6AA**
- **All Vale of Glamorgan Libraries.**

Representations in respect of the MAC Schedule, MAC SA and MAC HRA should be sent in writing (preferably on the representation form) to the **LDP Team, Vale of Glamorgan Council, Dock Office, Barry Docks, Barry, CF63 4RT**. The form for making representations is available at the above locations or online at www.valeofglamorgan.gov.uk/ldp. Completed representation forms may either be sent the LDP Team at the above address or emailed to ldp@valeofglamorgan.gov.uk.

Representations (including support and objections) at this stage must only relate to the Matters Arising Changes. The consultation is not an opportunity to add to previous representations or to make new representations on parts of the Plan that are not subject to change. Any such representations will be disregarded as they should have been made during the earlier stages of Plan preparation. All duly made representations will be considered by the Inspector appointed to examine the soundness of the Plan. Please note that all responses will be made available for public inspection and cannot be treated as confidential.

For queries regarding the Examination, please contact the Programme Officer Sarah Knevett on 01446 704610 or e mail programmeofficer@valeofglamorgan.gov.uk

Further information on the Matters Arising Changes consultation is available on the Council's website www.valeofglamorgan.gov.uk/ldp or by contacting the LDP team by e mail: ldp@valeofglamorgan.gov.uk or phone: 01446 704665/ 704663.

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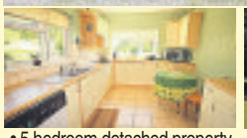

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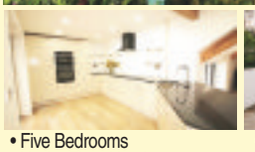

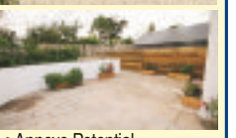

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D59. Band B.t
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Murlande Way, Rhoose.
Fully Furnished, 2 Bedrooms,
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Shakespeare Drive, Llantwit Major
Three Bedrooms
Modern Kitchen
Shower
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£650 PCM.

Orellana House, Barry.
Two Bedroom Waterfront Apartment,
Allocated Parking,
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C78. Band E.
£625 PCM.

Coed-Y-Felin, Barry.
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Kitchen/diner, GCH.
D66, Band C.
£670 PCM.

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West End Terrace, Llantwit Major
2 Beds. Gardens.
2015 GCH Combi.
West End Location.
£184,950 C69

Partridge Road, St Athan
2 Bedrooms
GCH Combi
No Chain
£94,950 C74

Expressions of interest

homes4u HOTLINE 01446 700111

ST LYTHANS PARK, CULVERHOUSE CROSS

United Welsh Housing Association, with the Vale of Glamorgan Council announce the new development at St Lythans Park, Culverhouse Cross.

Expressions of interest are invited from Homes4u members. Properties are due to complete in November/December 2016 and a local lettings policy applies to this scheme.

- One, two-bedroom house
  Rent £99.61 per week (servce charge to be confirmed)
- Two, three-bedroom houses
  Rent £101.26 per week (service charge to be confirmed)
- One, four-bedroom house
  Rent £120.30 per week (service charge to be confirmed)
- Four, one-bedroom flats (two ground and two first floor)
  Rent £78.64 per week (service charge to be confirmed)

BADGERS BROOK, YSTRADOWEN

United Welsh Housing Association, with the Vale of Glamorgan Council announce the new development at Badgers Brook, Ystradowen.

Expressions of interest are invited from Homes4U members.

Properties are due to complete in November 2016 and a local lettings policy applies to this scheme.

- Two, one-bedroom flats (one ground and one first floor)
  Rent £78.64 per week (service charge to be confirmed)

CROMPTON WAY, OGMORE BY SEA

United Welsh Housing Association, with the Vale of Glamorgan Council announce the new development at Crompton Way, Ogmore by Sea.

Expressions of interest are invited from Homes4U members.

The property is due to complete in October/November 2016.

A local lettings policy applies to this scheme.

- One, two-bedroom house
  Rent £101.82 per week.

VALE of GLAMORGAN BRO MORGANNWG

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To apply call the hotline, e-mail us at HOMES4U@valeofglamorgan.gov.uk
or apply in writing to: Vale of Glamorgan Council
Environment and Housing Civic Offices
Holton Road, Barry CF63 4RU

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The Vale of Glamorgan Council in partnership with Welsh Government is providing interest-free loans across the Vale of Glamorgan. Loans are available to assist owners to bring empty properties back into use and to assist with essential repairs for occupied properties.

Pwy a gaiff ymgeisio?

- Perchnogion preswyl
- Landlordiaid
- Datblygwyr eiddo
- Busnesau

Who can apply?

- Owner occupiers
- Landlords
- Property developers
- Businesses

Pa waith sy'n gymwys?

- Unrhyw drwsio angenrheidiol y bydd perchnogion preswyl a landlordiaid yn ei wneud er mwyn cynnal eu heiddo e.e. atal lleithder, trwsio offer trydanol, gosod systemau gwres canolog, ailosod ffenestri a drysau.
- Adnewyddu hen eiddo ar gyfer ei ddefnyddio unwaith eto. (Cofiwch ei bod yn rhaid i'ch eiddo fod yn wag am o leiaf 6 mis cyn y cewch ymgeisio).
- Troi hen dŷ neu adeilad masnachol yn un neu ragor o unedau preswyl.

What work is eligible?

- Owner occupiers and landlords carrying out essential repairs to their property e.g. work to remedy damp, repairs to electrics, central heating installations, replacement windows and doors.
- Renovation works on empty properties to bring them back into use.
- Conversion of an empty property or commercial building into one or more residential units.

Adran Adfywio a Chynllunio | For more information please contact:

Llywodraeth Cymru Welsh Government

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www.valeofglamorgan.gov.uk/housingloans
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Katie Matthews Gweinyddydd Benthyciadau / Loan Administrator
Adfywio a Chynllunio, Cyngor Bro Morgannwg, Swyddfa'r Doc, Y Barri, CF63 4RT
Regeneration and Planning, Vale of Glamorgan Council, Dock Office, Barry, CF63 4RT
neu ffonio / Tel: 01446 704721

homes4u HOTLINE 01446 700111

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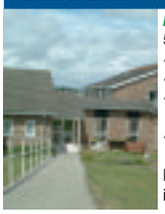
Vale of Glamorgan Council
Environment and Housing
Civic Offices, Holton Road
Barry CF63 4RU

APPLICATION DEADLINE: 21 SEPTEMBER 2016

All Homes4U properties have double glazing and central heating unless otherwise stated and will be allocated to the maximum occupancy.

It may take longer to rehouse you if you are awarded medical priority as there is a shortage of accessible and adapted homes in the Vale.

ARTHUR DAVIS COURT, BARRY



H4U reference 924488
55 and over
- One-bedroom flat
- First floor (no lift)
- Independent living officer on site
- Gardens and parking

Rent £123.22 per week including service charge

ARTHUR DAVIS COURT, BARRY

H4U reference 964723
55 and over
- Studio apartment
- First floor (no lift)
- Independent living officer on site
- Gardens and parking

Rent £110.95 per week including service charge

AVOCET COURT, BARRY

H4U reference 1075509
- Two-bedroom flat
- Ground floor
- Shower (no bath)

Rent £87.55 per week including service charge

CAMMS CORNER, DINAS POWYS

H4U reference 251764
- Two-bedroom flat
- First floor

Rent £97.17 per week

CLOS PEIRIANT, BARRY

H4U reference 1078804
- Three-bedroom house

Rent £98.20 per week

COLUMBUS CLOSE, BARRY

H4U reference 134629
- Three bedroom house
- Parking

Rent £101.97 per week

DUNLIN COURT, BARRY

H4U reference 123759
- Two-bedroom flat
- Ground floor
- Level access shower

Rent £87.55 per week including service charge

DUNLIN COURT, BARRY

H4U reference 133479
- Three-bed maisonette
- No garden

Rent £98.28 per week including service charge

DYLAN CRESCENT, BARRY

H4U reference 208248
- Three-bedroom house

Rent £104.99 per week including water charges

GWYN JAMES COURT, PENARTH

H4U reference 1009525
55 and over
- One-bedroom flat
- Ground floor
- Independent living officer on site

Rent £136.83 per week including service charge

HANOVER COURT, BARRY

H4U reference 134514
55 (50 with medical need)
Priority for medical needs
- One-bedroom flat
- Ground floor
- Level access shower
- Mobile scheme manager

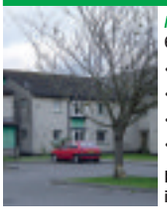
Rent £101.13 per week

LALESTON CLOSE, BARRY

H4U reference 214247
- Three-bedroom house

Rent £110.66 per week including water charges

LONGMEADOW COURT, COWBRIDGE



H4U reference 230291
60 and over
- One-bedroom flat
- First floor (lift)
- Level access shower
- Warden and alarm

Rent £121.91 per week inc. water & alarm chgs

MAESYBRYN, COLWINSTONE

H4U reference 229589
- Three-bedroom house
- Oil central heating

Rent £113.10 per week including water charges

OAK COURT, PENARTH

H4U reference 1082877
55 (50 with medical need)
- Studio apartment
- Second floor (lift)
- Level access shower
- Mobile scheme manager

Rent £103.18 per week

PEARSE CLOSE, PENARTH

H4U reference 134708
- Two-bedroom house

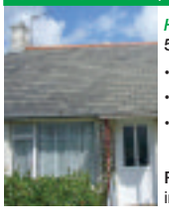
Rent £99.90 per week

PONTALUN CLOSE, BARRY

H4U reference 221290
40 and over
- One-bedroom flat
- First floor
- Water meter

Rent £77.71 per week

SOMERSET ROAD, BARRY



H4U reference 223913
55 and over
- One-bed bungalow
- Level access shower
- Community alarm

Rent £108.61 per week inc. water & alarm chgs

TREHARNE ROAD, BARRY

H4U reference 226484
- Two-bedroom flat
- First floor

Rent £89.93 per week including water charges

TUSCAN CLOSE, LLANDOUGH

H4U reference 1024766
- Two bedroom flat
- First floor

Rent £99.77 per week

Vale of Glamorgan Council | Hafod Housing Association | Newydd Housing Association | United Welsh | Wales and West Housing Association

Visit the HOMES4U web page to view homes available now
www.valeofglamorgan.gov.uk

No Pets

You must be a HOMES4U member to apply for any of the rented homes.

When bidding for more than one property you will be asked to state your order of preference.

All descriptions and other details are given in good faith and are believed to be correct but any potential tenant should satisfy themselves as to their correctness.

From 21 September Homes4U will be trialling a free SMS service that will promptly notify applicants when they have been successful bidding for council owned properties (colour coded green).

The service will provide a facility to confirm acceptance of the offer using the free text response prompt. It is therefore important to provide correct contact details at the time of placing a bid.

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Advertisers please note : deadline for Classified Section is 5pm Monday (to appear in the following week's edition). Telephone 01446 774484. email: vanessa.james@tindlenews.co.uk

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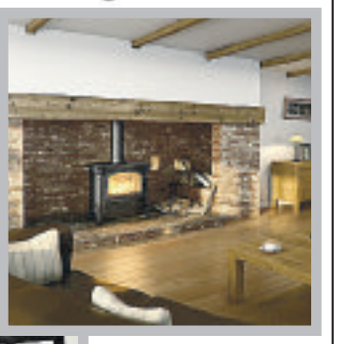

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Family Notices

JORDAN
Rowland John

Peacefully at the University Hospital of Wales Cardiff on September 5, Rowland (Rowly) of Castle Street, Barry. Dearly beloved husband of Peggy, much loved father of the late Linda, loving grandad of Ceri.

Resting at A.G. Adams & Son, Tynewydd Funeral Home, Gladstone Road, Barry until his funeral service in the chapel on Friday, September 23 at 2pm, followed by cremation at the Cardiff & Glamorgan Crematorium, Barry at 3pm.

Family flowers only but donations in lieu of flowers to the coastguard. Black attire optional.

LEES
Myrna Ruth

Peacefully on Tuesday, September 6, after her long illness. Myrna, beloved wife of Brian, loving mother of Julia and Rob, sister of Alison. Cherished daughter of the late Lal and Len Keeley.

Myrna will be greatly missed by all who knew and loved her.

Resting at The Vale Funeral Service, 181 Court Road, Barry until her service at Cardiff and Glamorgan Crematorium, Barry on Tuesday, September 20 at 12pm. Family flowers only. Donations, if desired, may be made at the service to support Marie Curie & Crohn's and Colitis UK in memory of Myrna.

Further enquiries contact Lyndsay Ellis, 01446 407962.

STOCKER
David John

Peacefully fell asleep on the of 8th of September, aged 77 years.

A service to celebrate the life of Mr David John Stocker will be held at the Vale of Glamorgan Crematorium on Wednesday, 21st September at 10am. The family welcome everyone for refreshments at the Cherry Orchard, Barry after the service. Resting at Park Independent Funeral Directors, Barry.

Donations to Marie Curie in lieu of flowers.

WICKENDEN
Vera Grace

Peacefully on September 6 at Llandough Hospital, Vera, of Llantwit Major, who will be greatly missed by all who knew her.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Friday, September 23, service and cremation 2pm at Cardiff and Glamorgan Crematorium, Barry. No flowers by request, donations in lieu, if desired, to Alzheimers Disease Society c/o J James, 11 Fonmon Road, Rhoose, Vale of Glamorgan, CF62 3DZ.

MILES
Christine Margaret
(Née Browning)

Suddenly on September 7, Christine of Llantwit Major (formerly of Cardiff). Dearly loved wife of Michael and a much loved mother to Catherine and Ceri, and a loving nanna of Josh, Dylan, Celyn and Rhian.

Resting at W.A. Brown & Son, College Street, Llantwit Major until the funeral service on Friday, September 23 in Coychurch Crematorium at 1.45pm. Immediate family flowers only but donations may be made to Marie Curie Cancer Care c/o the Funeral Home.

PEMBRIDGE
Violet

Peacefully on September 9 at Holme Towers Hospice, Penarth, Violet of Rhoose, beloved wife of the late Desmond. Devoted mother of Brian, dear mother-in-law to Jacqueline, much loved grandmother and great grandmother.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Wednesday, September 21, service and cremation 1pm at Cardiff and Glamorgan Crematorium, Barry. No flowers by request, donations if desired to Marie Curie Cancer Care c/o J James, 11 Fonmon Road, Rhoose, CF62 3DZ.

PRITCHARD
Dorothy Marjorie (Dot)

Dot sadly passed away on September 7 at Milsom House Nursing Home, St Athan. Much loved mum of Annette and Andrew, loved mother-in-law to Rob and Sue, loving nan to all her grandchildren and great grandchildren.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Monday, September 26, service 12 noon at Porthkerry Church, followed by cremation at Cardiff and Glamorgan Crematorium, Barry at 1pm.

EVANS
Hilda Mary

Peacefully on September 8, Hilda, loving wife of the late Richard Rowland. Much loved mother, grandmother and great grandmother, will be sadly missed by all family and friends.

Funeral service at Coychurch Crematorium on Tuesday, September 20 at 1.15pm. Family flowers only, donations in lieu to Alzheimer's Research UK, Suit 1, Ground Floor, North Court, David Street, Bridgend Industrial Estate, Bridgend, CF31 3TP.

GILES
Robert Whyman

It is with great sadness that we announce the passing of Robert, at Marie Curie Hospice, Penarth on September 5. A much loved brother to Sue, Jen and the late Russell. Beloved son of the late Betty and Bob.

Robert will be greatly missed by all who knew and loved him.

Resting at The Vale Funeral Service, 181 Court Road, Barry until his service and committal at Cardiff and Glamorgan Crematorium, Barry on Thursday, September 22 at 4pm. Family flowers only, donations, if desired, may be made at the service to support Marie Curie in memory of Robert. The family request informal clothing be worn. Further enquiries contact Lyndsay Ellis - 01446 407962.

McDONALD
Gwynyth (Gwyn)

Peacefully on September 2 at Bella Vista Nursing Home, Barry, Gwynyth (Gwyn), aged 94 years, previously of Aneurin Road, Barry. Beloved wife of the late Hugh. A loved mother of Ian, Lynn, and the late Hugh, mother-in-law of Gail and Ann. Cherished grandmother, great grandmother, and great great grandmother.

Gwyn will be sadly missed by all who knew her.

Resting at A.G. Adams & Son Funeral Home, Gladstone Road, Barry until the funeral on Monday, September 19. Service in the chapel at 12 noon, followed by cremation at Cardiff & Glamorgan Crematorium, Port Road East, Barry. Family flowers only, if desired donations may be handed to the funeral director after the funeral for Holme Towers, Bridgeman Road, Penarth.

VENNERS
Peter

Peacefully on Sunday, 11 September, Peter beloved husband of Jean. Dearly loved father of Stephen and Jonathan, father-in-law to Ceri and Karen. Adored bamps to Jodie and Jade, brother to Tom and uncle to his nieces. Loved and respected by Chris and Gaynor. Peter was loved and admired by Ann, Lloyd, Rachel, Louie, Alfie, Jayne and John.

Resting at The Vale Funeral Service, 181 Court Road, Barry until a celebration of Peters life at Cardiff and Glamorgan Crematorium, Barry on Wednesday, September 21 at 2pm. Family flowers only, donations if desired, may be made at the service to support Marie Curie for the highly professional care given to Peter over the last six weeks.

The family request colourful attire be worn.

Further enquiries contact Lyndsay Ellis - 01446 407962.

Acknowledgements

VERNON
Colin William
(16 February 1942)

Peacefully in his sleep, Colin passed away at Llandough Hospital on September 1, 2016, aged 74 years.

Colin's wish to donate his body to medical research has been fully carried out.

Colin will be sadly missed by friends and family.

God bless you xxx

THOMAS
Alan
10/10/1933 - 21/08/2016

Thank you to all our wonderful friends and family who came to celebrate the life of our beloved Alan. Every little act of kindness you have shown us in the past few months has resonated in our hearts, bringing love and light to brighten our darkest days and fill our hearts with hope.

To Reverend Peter Taylor, thank you for conducting the funeral service with such warmth, dignity and love.

To Gareth and the wonderful Barry Male Voice Choir, your beautiful voices create music that soothes the mind and heals the heart, sincere gratitude to all who came.

Lyndsay Ellis of Vale Funeral Service - Thank you so much for everything you have done for us, we are truly grateful for your integrity, sincerity, professionalism and kindness.

Much love, Denise, Aldene and Neale xxx

Thank You

THANK YOU

Thank you Cathy for coming with me to all hospital appointments prior to the operation. Thank you to my friends for all their get well cards and phone calls, flowers, Welsh cakes, fruit tarts, Top Stack quiche and scones, and, last but not least, a large fruit cake from Julie. Thank you also to Jean who has moved in and helped me so much since I've come home. Only one more hurdle to go. See you all soon.

PEGGY LONG

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Permanent position starting ASAP
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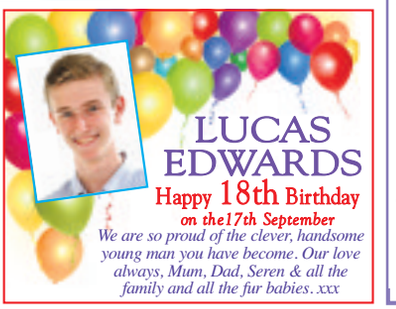
Public Notice

Goods Vehicle Operator's Licence
D.A.Ross Transport LTD of **136 Gladstone Road, Barry, Vale of Glamorgan, CF62 8ND** is applying to change an existing licence as follows:
To keep an extra 2 goods vehicles and 2 trailers at the operating centre at **Rear of Unit 1 Tower Close, Bridgend Industrial Estate, Bridgend, CF31 3TH.**
Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available from the Traffic Commissioner's office.

Birthdays

Happy 80th Birthday to my Great Grandma Betty Lewis on 17th September With lots of love
Ella Rhian
P.S. I am nearly one now xxx


LUCAS EDWARDS
Happy 18th Birthday
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On 19th September
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DYDD SUL 25 MEDI 2016

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CYFYNGIR, ac eithrio i'r hyn y darperir ar ei gyfer yn y gorchymyn, y defnydd o'r strydoedd neu'r rhannau o'r strydoedd a nodir i'r holl draffig cerbydau, gan gynnwys beiciau pedal, ac eithrio i Gerbydau'r Gwasanaethau Brys (gan gynnwys criw cwch achub wedi'i alw allan), rhwng yr oriau a nodir yng ngholofn 3 o'r atodlen a nodir.

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Dydd Sul 25 Medi 2016	**The Esplanade, Cliff Hill a Cliff Road ar eu hyd, Bydd gwyriadau rhwng 7.00am a 5.00pm ar hyd Bridgeman Road a Marine Parade.**	07.00am i 5.00pm

Bydd Arwyddion i'r Gwyriad yn cael eu gosod
Dyddiedig 15 o Fedi 2016
M. E. Punter
Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg,
The Alps, Gwenfô
CF5 6AA

THE VALE OF GLAMORGAN COUNCIL
TEMPORARY ROAD CLOSURE ORDER, SECTION 16A
ROAD TRAFFIC REGULATION ACT 1984
DISTINGUISHED GENTLEMANS RIDE PENARTH
SUNDAY 25th SEPTEMBER 2016

NOTICE IS HEREBY GIVEN that the Vale of Glamorgan Council have made an order under Section 16A Road Traffic Regulation Act 1984 as follows:-

WHEREAS during certain hours of the day and date specified in column 1 of Schedule 1 hereto the streets or part thereof listed in column 2 of the said schedule will be used for the holding of a relevant event as described in Section 16(A)(1) of the Road Traffic Regulation Act 1984, the Council, pursuant to the powers conferred by Section 16A of the Road Traffic Regulation Act 1984 do HEREBY ORDER AND DIRECT in order to facilitate the holding of the event, enable members of the public to watch the said event and to reduce the disruption to traffic likely to be caused by the event the following regulation shall be observed:-

THAT, except as provided by the order, the said streets or parts thereof shall be closed to all vehicular traffic including pedal cycles with the exception of all Emergency Services Vehicles (including called out lifeboat crew), and Designated Event Vehicles, between the hours specified in column 3 of the said schedule. The penalty for infringement of the said regulation is a fine not exceeding £1000.00.

SCHEDULE

COLUMN 1	COLUMN 2	COLUMN 3
Sunday 25th September 2016	**The Esplanade, Cliff Hill and Cliff Road throughout their lengths, Diversions between 7.00am and 5.00pm will be via Bridgeman Road and Marine Parade.**	07.00am to 5.00pm

Local Signed Diversions shall be in place
Dated this 15th day of September 2016
M. E. Punter,
Director of Environment & Housing
Vale of Glamorgan Council
The Alps Wenvoe
CF5 6AA

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Lifeguards ready to compete with the best of the best!

FOLLOWING a successful summer season, Llantwit Major Surf Boat Team head to Biarritz on September 14 to compete against teams from across the UK, Europe, New Zealand and Australia in Infinite Ocean 2016.

Biarritz, on the French Basque coast, is a renowned surf spot with ferocious waves breaking onto a steep beach, promising exciting racing for the spectators and elevated stress levels for the competitors!

The racing will take place over three days with an Inter-Nations event first, where the Llantwit team will be representing Wales, followed by two days of racing in The Open and Masters events. The racing will be covered each day by a French TV news station.

The men's squad racing in France is Mike Lord, Gethin Edwards, Ross Fraser, Josh Edwards, Mathew Rowlands, Ben Thomas and Matthew Wright.

Each member of the squad is a qualified beach lifeguard and along with the other members of Llantwit Major Lifeguard Club. They give of their spare time to carry out voluntary patrols at Llantwit beach during the summer months.

The calibre of the opposition drawn from around the world will be very high, which includes former Olympic rowers.

Always ones to rise to a challenge, the Llantwit team have been training hard in the build up to Infinite Ocean and travel to France with real hope of returning with medals.

The team would like to thank their sponsors Clive Edwards Contracts Ltd and The Farmer's Pantry, without whose generous support they would not be competing in France.

Thanks also to Atlantic Crossfit in Barry, which has helped to whip the boys into race shape. Surf Boat rowing is a very sociable summer sport and the team are always looking for new members.

In order to open the sport up to new members and to develop youngsters from within the club, the surf boat crew took part in the open day at Barry Community Water Activity Centre last Saturday, September 10, at Barry Docks.

Members of the team were on hand to give any budding rowers a taste of surf boat rowing. The response was fantastic with youngsters and adults from across the Vale having a go at this fantastic team sport that develops fitness and builds confidence.

If you'd like to give surf boat rowing a go or generally get involved with surf lifesaving then please visit our website at: www.llantwitmajorslsc.org.uk.

MW

Cavaliers share their thanks for season's efforts

THE Llantwit Major Cavaliers would very much like to thank our groundsman Gareth and all who have helped him prepare the cricket pitches and to The GEM who have published the clubs match reports throughout the season.

Sincere thanks to Julie Cheal who has once again done us proud with the teas this year and to Rhian Griffiths, Scott and Linda Buckley who did the teas in Julie's absence.

Special thanks to David Snelson, for all his time and effort, for all aspects of coaching the under-9s and under-11s and the school visits which had borne fruit for the youth section within the club.

David also put a lot of time and effort in proactive support of the Cavaliers' first XI with regards to coaching practice, preparation of the match day pitch and scoring.

The Cavs would also like to thank former club skipper, James Snelson, for all his hard work and dedication in his five years as first XI captain,

James will be seen as one of the most successful in our recent history with back to back championship wins in 2014 and 2015 and along with former second XI captain Shane Callard worked tirelessly in support of the club and their efforts were greatly appreciated by all club members.

The 2016 first XI captain Harry Withers and second XI captain Scott Buckley had big shoes to fill this year and both taken up the reins well and have had successful summers and we thank them both for their efforts.

Sunday XI captain Nigel Allison and midweek XI captain Julian Griffiths continue to run their respective teams with Julian helping and supporting the other team captains and successfully managing other projects within the club.

Thanks also to Stu Davies who managed the provision of new kit in 2016 and has provided the club with new apps to support the club's progression and to Mark Coldwell and Anne Pickford for scoring in the first XI games.

The Cavs look forward to playing in the SWCA second and sixth divisions in 2017 and have nothing to fear; if both teams can have good availability and play with the same enthusiasm and skills as the first XI finished the 2016 season then they will be hard teams to beat and could be candidates for promotion.

The Cavs would like to thank match ball sponsors Roz Couzens, Anthony Brown Estate Agents, Chiropodist Roz Couzens, Cooperative Travel, Llantwit Major Autocentre, Oxford Lawns and Gardens, Simons Plaice, Sinclair Direct and Wave Design to Print for their much appreciated sponsorship of the club.

DMC

Cowbridge pupils to surf for Wales

CIERAN HUGHES (year-12) and Ffion Hughes (year-10) have been selected in the Welsh Team selection for ISA World Junior Surfing Championships.

They will surf in The Azores in September.

Cieran has performed well at competitions this year and achieved great results. He has also trained well during squad sessions.

Cowbridge Comprehensive School is delighted that he has been asked to be team captain for the trip.

Ffion has performed really well in competitions this year too, and has achieved amazing results. She is one of only two girls in the team and will be competing in the under-16 category.

The school is extremely proud of Ffion.

The team are scheduled to travel there this week.

Cieran and Ffion also competed in the British School Championships in Bude. They were the only two representing Cowbridge Comprehensive School and both had great results; Cieran came away with third in the under-18 boys and Ffion won the under-14 girls. Well done!

DC

VALE TRAINERS ARE IN GOOD FORM

VALE trainers Tim Vaughan and Evan Williams won the first three races between them at Worcester on Monday.

Tim took the first two races winning both divisions of the handicap chase with *Caspian Piper* and former Welsh point-to-pointer *Mad Money* and Williams landed the Beginners chase with *Roadie Joe*.

Caspian Piper ridden by Alan Johns, a 9-2 shot, finished one-and-three quarter lengths ahead of *King's Song* and *Mad Money*, partnered by champion jockey Richard Johnson, who was joint favourite at 5-2, had 10 lengths to spare over *PrettyLittleThing*.

Williams' *Roadie Joe*, the 10-11 favourite, partnered by stable jockey Paul Moloney, came home 10 lengths clear of *Indian Rupee* who is trained by Welshman Dai Williams.

BRIAN LEE

Cowbridge under-14s start with a victory

TO kickstart the new season, the Cowbridge under-14s entertained Llanishen at the Police Fields on a warm and sunny, Sunday morning.

The Cowbridge coaches have been working hard with the squad throughout most of the summer, looking to build on the improved play at the end of last season, and the much talked about Toulon tour.

With a squad of close to thirty, very keen players, there was plenty of strength in depth, with a host of choice players for the coaches to experiment with, in terms of positional play.

Cowbridge set off at pace, with a forceful pack, driving Llanishen off the ball at every scrum and dominating the mauls, shortly leading to a well deserved try by David Harris at No. 8. Cowbridge did well in their lineouts also.

The Llanishen backs looked to play a fast running game, and were quick to close down any attacks by Cowbridge.

A change in tactic, a deft chip ahead by Harry Whit at No. 10, saw the pacey Jakob Thiesen rush through the turning defence to gather the ball and score close to the posts.

Further pressure saw Kofi Jones playing his first game at full back, enter the line at pace, cut through the defence and score an excellent individual try, which was well converted by Harry Whit to make it 17-0 at half-time.

Up hill in the second half, and in very warm conditions, both sides were wilting, good play from Llanishen saw them score two tries in the second half, with Cowbridge defending their reduced lead for a rather tense, frantic final 10 minutes.

Clever use of the substitutes brought on fresh legs and David Avery, playing his first game for Cowbridge burst through four tacklers with a powerful run, which ended up with a further well worked attack through the back, narrowly missing out on a fourth try, by desperate last gasp tackling by the Llanishen defenders.

The final whistle was welcomed by the players and home fans alike, with a well secured and hard fought win for Cowbridge. The coaches will look to build on this performance through the forthcoming season.

TD

Comprehensive win for under-16s

COWBRIDGE RFC under-16s got their season off to a fantastic start with a comprehensive 45-10 victory against a powerful Ystrad Rhondda under-16s.

Cowbridge went behind to an early Ystrad try, but the boys showed their maturity by sticking to their game plan and kept playing their own game. Cowbridge responded quickly to falling behind with a well worked forwards try.

Just inside the Ystrad 22, Iestyn Fenn made a burst through the middle of the Ystrad pack.

Before going to ground Fenn off loaded the ball to Ben Jones the Cowbridge open-side flanker to level the scores. Ioan Williams converted.

Shortly afterwards Jones increased the Cowbridge lead with an individual try.

With the Ystrad defence transfixed on Reuben Williams in mid-field, Jones took the opportunity to go through a gap in the Ystrad defence. Showing good composure Jones then side stepped one and then another to cross the try line. Ioan Williams converted.

As the game entered the final stages of the first half Ystrad were camped inside the Cowbridge 22.

Ystrad were awarded a penalty on the Cowbridge line. Rather than take the three points, Ystrad went for the lineout.

At the lineout the Ystrad hooker over-threw the ball, allowing Reuben Williams to get his boot on the ball.

Harry Ridge was the first man to the bouncing ball. Ridge off loaded to Jack Dixon who outpaced the Ystrad defence for a length of the field break away try. The half-time score was Cowbridge 21, Ystrad Rhondda 5.

Cowbridge started the second half as they finished the first, with a brilliant break away Dixon try.

From deep inside their own 22, Cowbridge turned defence into attack. Jack Little burst out of defence and made excellent ground up to the half way line.

Reuben Williams, now playing in the unfamiliar position of inside centre, picked up the ball and offloaded just as the Ystrad defence were about to pounce.

Dixon sped off to score his second, and Cowbridge's fourth try of the game. Ioan Williams converted.

Ystrad began to get more and more frustrated and unfortunately one of their forwards took out his frustration on Harry Ridge.

The referee was left with no option but to send him off. Down to 14 boys Ystrad were now up against a confident Cowbridge team.

From the next scrum, Ioan Williams fed his ten, Evan Thomas who with his customary great pass off his left put Reuben Williams into space again.

Williams made great ground entering the Ystrad 22, only to offload to his name sake I. Williams to scamper in for Cowbridge's fifth try of the game.

With the Ystrad defence now stretched, and their larger pack beginning to struggle with the expansive Cowbridge back play, more tries were inevitable.

From a line break down the blindside Cowbridge managed to get themselves into the Ystrad 22. Evan Thomas displayed great vision by executing a cross field kick to perfection to allow Morgan John a simple try.

To be fair to the 14 boys of Ystrad they did not let their heads drop, and gained a consolation try following a number of tap penalties deep inside the Cowbridge 22.

The last score of the game came from Cowbridge. The forwards kept the ball tight and burst through the middle of the Ystrad defence.

With the Ystrad defence scrambling Ioan Williams made a tremendous dummy to score un-opposed. Williams converted his own try to make the final score Cowbridge 45, Ystrad Rhondda 10.

Tries: Jones (2), Dixon (2), Ioan Williams (2), John; Ioan Williams (five conversions).

GJ

THE BOWMEN ARE ON TARGET IN THE VALE

WE are used to seeing pictures of people participating in bowls, rugby, cricket, darts, etc, but rarely do we hear anything about archery.

There are quite a few clubs in the Vale, but ours is the only one in Barry. We are called Caerau Dragon Bowmen and our name, despite being a Barry club, came about from the origins of the people who founded our club back in 2008.

We are a friendly, family-oriented group but we do have a few members who take part in local and national competitions.

Just recently we organised our first inter-club shoot between our club, Celyn Archers from Cardiff and Archers of Underwood from Carleon.

Our coach, Simon, has just recently completed a level 2 coaching course. We have the use of St Richard Gwyn RC High School, Barry and have just finished the outdoor season on their excellent playing fields where we could shoot at distances of up to 90 metres.

We have now moved indoors where we will be limited to shooting at a distance of 18 metres until the evening light becomes more amenable.

We have a beginners course starting on September 27 and for more information email gina.burton@me.com.

Pictured are some of our members wearing our new club colours.

GB

Dinas Wolves show their bite!

THE first away game of the season saw Dinas Powys Wolves travel to the furthest point in the Vale as they looked to continue their fine start.

After having missed the summer and a lot of preseason, the villagers were happy to see Callum Hewitson back into the squad following a massive knee operation in May.

Cowbridge showed some great defending early on as Dinas struggled to find the breakthrough.

In 20 minutes though, Hewitson had other ideas, being on the pitch seconds he slotted home at the back post.

Jake Lewis moving into midfield added the second moments later with a fine half volley. Joe Doughty back from illness made it three as he smashed home an unstoppable volley from a Kyle Booker corner.

Rian Thomas then scored the fourth right on the break as he showed quality movement and outpaced the Cowbridge defence to finish from 15 yards.

The display from the visitors was as complete as you could wish as they moved the ball very well and showed they are a very talented bunch.

Connor O'Brien and Bayley Harewood linked up very well on the right creating plenty of chances. On the left, Harrison Kelly and Robson Mallam looked a true threat.

Kiean Quest showed the other side to his game as his galloping runs caused the home side to back pedal.

The second half instead of switching off, Dinas kept the tempo and style the same, as everyone wanted to get on the ball.

Zac Fifield typified this more than anyone with a very senior-like display in the middle. Jacob Moss makes a welcome return following illness and school trips and looked as if he had never been away; strong in the tackle and showed very good composure on the ball.

Harewood, Booker and Thomas showed why speed is key to any team as they cut open the home side defence.

The back four with Jake Frost and Tylor Williams gave the team a great platform to play off.

Further goals from Rian Thomas and Callum Hewiston to complete their hat-tricks, and goals from Bayley Harewood, Robson Mallam and Kyle Booker gave the visitors a comfortable win.

Well done young Callum Hewiston – a dream comeback and man of the match display.

DINAS WOLVES 10, AFC RHOOSE 0

DINAS started very slowly with poor decision making early on.

Rhoose battled very well throughout the opening 35 minutes, throwing bodies in the way and defending with a real purpose. On the break the visitors looked like they could snatch a goal.

Going in at half-time only two goals up the home side listened to the advice offered and came out a much better-looking team, moving the ball with speed and quality.

Goals from Kyle Booker, Bayley Harewood (2), Kiean Quest, Harrison Kelly, Conor Obrien, Robson Mallam, Joe Doughty, and Rian Thomas (2) saw the home side run out 10-0 winners.

LS

8 Ball pool finally comes to the Vale

A NEW 8 Ball pool league is about to be launched in the Vale.

We are looking for teams from Llantwit Major, Cowbridge, St Athan, Rhoose, Barry, Sully and Penarth.

All games are to be played on a Thursday night, start time 8.15pm. The league is open to both men and women.

We are looking to establish a league in the Vale that plays by 8 Ball rules, otherwise known as county rules.

Our next objective is to start up a Vale county team to compete against the other 47 county teams.

We know this area has enough talent locally to have a very good county side. After that, we hope to have players from the Vale league to go on and represent Wales.

We are looking for a sponsor or sponsors for the league and county team. Whether you are a team, pub, club or someone who would like to sponsor the league or county team, text Joe on 07870 498 738 or email him at vale ofglamorganpoolleague @gmail.com.

JB

Be a sports coach

Do you know of someone aged between 16-24 years who is interested in developing a pathway in sports coaching? If so, there is a programme that may be for them.

Coaches of the Future Plus is a Vale of Glamorgan Sports Development team Olympic legacy programme.

The scheme is designed to give young people the opportunity to develop their interest in sports leadership and coaching, and provides a structured programme of training opportunities alongside the chance to coach.

In return, as a coach of the future, successful candidates will be able to receive a range of benefits.

Anyone wishing to find out more can attend an information evening on September 20 between 5pm and 7pm at the Barry Docks Offices' boardroom, but must contact Rachel Shepherd of the Active Young People team on 01446 704808, or e-mail rlshepherd@valeofglamorgan.gov.uk to register their interest.

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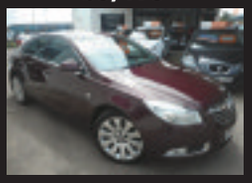

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61 VAUXHALL Corsa 1.4SE Automatic In met blue, 37,000 miles **£6,495**

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63 VAUXHALL Corsa 1.2 Energy 3-Dr In white, 20,000 miles, one owner **£5,995**

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13 CITROEN C1 Connexion 3-Dr 1.0 In met gun metal, only 10,000 miles, ultra modern car, free road tax **£5,495**

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GOLFING FARMERS HEAD OUT ON TOUR!

MEMBERS of the Glamorgan Farmers' Golf Society spent three days last week exploring three Championship courses located in north Devon when competing over 54 holes for the David Evans (Agriculture) Ltd trophy.

The Royal North Devon golf club, founded in 1864 and claiming to be the oldest golf course in England, welcomed the members for the first day of competition with the two courses on the beautiful but demanding Saunton Sands welcoming the tourists for the final two days.

Results from day one - first Gareth Perkins with 29 stableford points followed by David Williams with 28 points. Nearest the pin on the par three holes were Gareth Perkins, David Williams and tour organiser Chris Rooney. Councillor Ray Thomas won the longest drive prize.

Results from day two, played on the East course at Saunton Sands - 1st Geraint Davies with 35 points and a better back nine than Martyn Edwards who also scored 35 points. Nearest the pin on the par three holes were Bryan Wadham and Keith James with Councillor Ray Thomas again collecting the longest drive prize.

The final round on day three played on the west course at Saunton Sands resulted in Julian Golunski taking first place with 31 points followed by Chris Rooney with 26 points.

Nearest the pin on the par three holes were Gareth Perkins and Julian Golunski with Clive Thomas finally collecting a prize when hitting the longest drive on the selected hole.

After three absorbing rounds society captain Geraint Davies with an overall score of 83 points was declared the overall winner to collect the David Evans [Agriculture] Ltd trophy. Julian Golunski with 82 points finished runner-up and Gareth Perkins with 80 points finished third.

Also on tour but failing to make an impression on the leaderboard were Glyn Watts-Jones, Griff Morgan, Gwyn Thomas and Chris Watson.

Members are now focussing on their next monthly competition scheduled for Thursday, September 29, at the Rhondda Golf club that will be kindly sponsored by popular member Mr Dai John. **T.McC**

Tim's in form!

TWENTY-FOUR hours after winning the Bet Fred 'Hat-Trick' Heaven Handicap Hurdle at Uttoxeter last Wednesday with *Dovils Date*, Aberthin's Tim Vaughan landed the Istadia Big Outdoor Screens Handicap one-and-a-half miles flat race at Chepstow with *Master Dancer*.

The former, ridden by local rider George Blackwell, went off the 15-8 favourite and won by nine lengths from *First Light* and the latter, partnered by Mitch Godwin was made the 11-4 favourite and scored by four lengths from *Fair Comment*.

STEVE'S NEAR MISS

At Lingfield Park last Saturday, the Vale's Steve Blackwell came close to landing the £7,500 H H Sheika Fatima Bint Mubarak Apprentice Riders' World Championship Arabian horse race held over one mile.

His seven-year-old *Al Jawaaher*, ridden by Keith Moriaty, was beaten by just a neck by James Owens' *Emiraaty* in an exciting finish.

Steve, a former point-to-point rider of note, still had plenty to smile about as he picked up a cool £3,000 for finishing second.

BRIAN LEE

Vale of Glamorgan Football League round-up

IT was the first round of the Barry Cup this past weekend with SP Billy causing the upset of the round, as they dumped Premier Division Masons Moving Group out by beating them emphatically 5-2.

Premier Division pace setters Vale United continued their excellent form as they routed Tynewydd an incredible 7-0. In the other all Premier Division clash Rhoose recorded their first win of the season by knocking out Barry Athletic 5-3.

Cowbridge Town, Penarth Town and Island Marine avoided any sort of upset by defeating division one opposition.

Cowbridge and Cardiff Airport couldn't be separated, after 120 minutes it was 2-2 with Town going on to win the dreaded penalty shoot out 4-2.

Penarth were victorious 3-1 against local rivals Sully Sports and Island Marine defeated Dockers Reunited 2-1 to advance.

The pair of Division Two teams with 100 per cent record continued their tremendous form into the cup, Barry Saints edged out Barry Albion 3-2 while Cadoxton Imps produced a big cup upset when they eliminated Division One league leaders (coming into the weekend) FC Pumas 2-0.

The teams who received a first round bye join the competition in the second round and the draw was made Saturday evening: Cadoxton Imps vs Island Marine, Cadoxton Barry FC vs Dinas Powys Athletic, Barry Saints vs Vale United, Glenbrook vs St Athan, Cowbridge Town vs Cogan Coronation, BV vs Barry Belgrade, Sp Billy vs AFC Rhoose, Cadoxton Athletic vs Penarth Town. Some intriguing ties, and they will be played on October 1.

There was some league action this week. In Division One Barry Belgrade thumped champions Cogan Coronation 3-0 and Cadoxton Athletic won the Caddy derby against Cadoxton Barry 5-2.

In Division Two BVFC made it two on the bounce as they won 3-0 away to St Athan B to go third.

FC Pumas B got off the mark with their first win of the season to leave AFC Rhoose B bottom of the league still searching for their first point.

This week sees some great games, with the picks of the week being Premier Division league leaders Vale United, and their 100 per cent record, travelling to Barry Athletic, second playing third as FC Pumas host unbeaten Barry Athletic B in Division One.

The game of the day may just be in Division Two, with at least one perfect record guaranteed to go, as Barry Saints and Cadoxton Imps collide.

HD

Hunt racing in mourning after death of Roger Lewis

HUNT-RACING enthusiasts in the Vale will be saddened to learn of the death of Roger Lewis, who was well known not only in point-to-point circles but in the racing world in general as he worked in hospitality at Chepstow, Bath and Hereford race-courses along with his wife June who like Roger was a leading point-to-point rider in the 1960s and '70s.

Roger Lewis with his wife June at Bath Races on his 72nd birthday.

Roger was only 14 when he rode his first winner April Pennant at the Llangibby Hunt Steeplechases in 1959 and his last 20 years later at the same Howick, Chepstow track on Boundtobe in 1979.

He is survived by his widow June, son Guy and daughters Hannah and Zoe. St Athan's Jim Thomas, who rode around the same time as Roger said: "It is very sad. He was a great family friend and when he gave up race-riding he kept in touch with the sport taking on the roles of starter and steward and was instrumental in organising the annual south Wales point-to-point dinner dance and presentation evening."

Guy, a former National Hunt jockey of note, who is an official judge at many of the big race meetings, said: "Dad passed away last Tuesday afternoon surrounded by his family and we opened a bottle of Champagne to celebrate his life. He would have appreciated the gesture."

Coychurch's Gwyn Brace told me: "Roger loved all aspects of racing and back in 1985 was most enthusiastic in starting the annual presentation of awards evening for owners and riders with Tim Rooney, Jim Thomas and myself.

"Spillers had given up their sponsorship so the whole of the south Wales was left in a limbo. I am sure you will remember the giving of the awards at the last meeting of the year, when nearly everyone had left the course and most recipients were absent. This started our South Wales Injured Jockeys Fund which over the last 31 years has seen many riders benefit from.

"During this period of time, Roger always put the maximum effort in raising funds which enabled it to keep going to the present day. He will be sorely missed."

Having known Roger and his wife June since I started reporting on the Welsh hunt racing scene some 50 years ago, I can say hand on heart that he always had time to talk and answer any questions that I had in a friendly manner.

BRIAN LEE

Atlantic College is to host XTERRA triathlon race

UWC Atlantic College

UWC Atlantic College near Llantwit Major has been announced as the venue for the first XTERRA triathlon race to take place in Wales since 2006, with proceeds funding vital scholarship places at the college.

The off-road triathlon series will take place on Saturday and Sunday, June 3-4 in the grounds of UWC Atlantic College.

Staff at the college will also set up a children's triathlon club for the wider community as part of the UWC Atlantic College's local outreach programme.

Events will include a range of races for children aged four to 16 and a 1.5km sea swim, followed by a 30km mountain bike ride and a 10km run for adults.

Helen Jenkins, the Vale's Olympic triathlete, said: "It is extremely exciting to see a fun, challenging incredible course in and around the amazing grounds of UWC Atlantic College.

Using proceeds to fund scholarship places and help young people experience the sport for the first time makes it all the more worthwhile and commendable. Anyone racing will walk away knowing they raced an amazing race in a unique location."

Gerry Holden, caretaker Principal at the college, added: "We are always looking for exciting events that bring our student body and wider community together – XTERRA certainly provides us that opportunity. Helping talented learners with financial support is always a privilege, and we are determined to continue doing so through ground-breaking events such as these."

Barrivale Bridge Club results

LATEST results from Barrivale Bridge Club for September 6:

=1st Mark Roderick & Peter Millar 60.42%; =1st Kay Dyer & Sean Macdougall 60.42%; 3rd Jenny Vaughan & Irene Thomas 57.81%. Kay Dyer and Sean Macdougall won on handicap.

New members are always welcome at Barrivale. A partner may be arranged if required.

If you would like to join us ring 01446 418380 or 01446 733425 or 01446 735592 call at the Pioneer Hall, Beryl Road, Barry on Tuesdays at 7pm.

Alternatively, players, inexperienced or new, may attend on Fridays at 10am at the same address.

DR

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Cowbridge defeated by impressive Cefn Coed

THE afternoon opened out into brilliant sunshine for the league match between Cowbridge and Cefn Coed.

Cowbridge opened the scoring with a penalty for Ben Wright playing at outside half. Cefn missed two penalties before a brave tackle by full back Freddie Harries stopped an attack but the ball popped out and their winger crossed for an unconverted try.

There was a blow for Cowbridge as second row Lewys Hopkins left the field early on with a shoulder injury. Alun John replaced him.

Then further woe with a yellow card for playing the ball on the floor. Cefn scored through their second row who although tackled did enough to ground the ball for a half-time score of 3-10.

This Cefn team was much improved on the one we played at the end of last season. In the second half Cefn scored again through their forwards but Cowbridge hit back with a lovely break from centre Ash Thomas and then he linked up with Freddie Harries who sped away to score.

Ben Wright put over an excellent conversion near the touchline, but from the kick off unfortunately the hard work was undone with a charge down and soft try for Cefn's left wing.

Cefn scored converted tries at the midpoint through their inside centre and just before the final whistle through their outside centre to make the final score 10-36.

Cowbridge battled hard and ran some lovely lines behind the scrum but a strong pack and Cefn's solid defence proved difficult to penetrate. Cefn could well be in the mix towards the top of the table come the end of the season.

Following the outstanding win 10-8 at home against Pontypridd on September 3, last Saturday the youth lost away at St Peters by 35-24.

This Saturday the firsts are at home in the first round of the National Bowl against Llandrindod Wells and away to Wattstown the following Saturday. The youth are scheduled to play Rumney away this Saturday.

RK/RV

CHARITY GAME A FITTING TRIBUTE FOR TOM CLARKE

LAST Saturday morning saw the much anticipated game between the Army Air Corps (AAC) and a Cowbridge select XV and it didn't disappoint.

The game was in memory of Captain Thomas Clarke and started in spectacular fashion with the delivery of the match ball by a Lynx Helicopter that was both dramatic and moving.

The ball was accepted by the two captains, Mark Ingram for AAC and Simon Clarke for Cowbridge. Players and spectators lined up for a minute's silence with Reverend David Boult paying tribute to those who had made the ultimate sacrifice most poignantly our own Tom Clarke. Reverend Boult reminded those present of the pledge that 'we will remember them' before a wreath was laid in memory of the five brave men on Lynx ZF540 on April 26, 2014.

The game was billed as a friendly but the players hadn't read the script, it was full-on committed rugby that produced an exciting first half.

The army was determined to put on a good show and found Cowbridge with their own abrasive characters up front in Dai Pugh, Dave Falconer, Steve Birchenough, Simon Clarke and Jamie Bennett to name a few.

Behind Tom Parker and Dan Killick linked up play with runners Tom Botwood and Collin Fulthorpe further out, but in truth all players on both sides made the game a great spectacle.

AAC made the first breakthrough, their lively Fijian scrum half jinking through for a converted try.

Cowbridge hit back with a Colin Fulthorpe special, a dink over, regather and touch down. Ross Hooper Nash made a great break from the right wing and the ball moved through hands with opposite wing Dave Orsnby only a whisker away from a touch down.

A Lynx helicopter delivered the match ball.

AAC scored an excellent try with a break and good hands to release their outside half. Cowbridge tried the Wales move of all in the lineout and it nearly worked before more great build up play and hooker Hywel James crashed over for a half-time score of 10-12. This was rugby Tom would love.

Into the second half the lively AAC scrum half got his second, but just before the midpoint lovely handling by Tim Howard and Fulthorpe released wing Gethin Thomas to sprint over.

AAC responded with another for their scrum half and now with four Fijians on the pitch the ball was really moving.

But as AAC went in at the right corner Ornsby bravely trying to prevent the try injured himself badly.

There was excellent assistance pitch side from doctors and medics but the wait for an ambulance seemed interminable. Dave has had an operation in London and we wish him well in his recovery. After that the players decided to call a halt to a very competitive encounter, the final score 15-24.

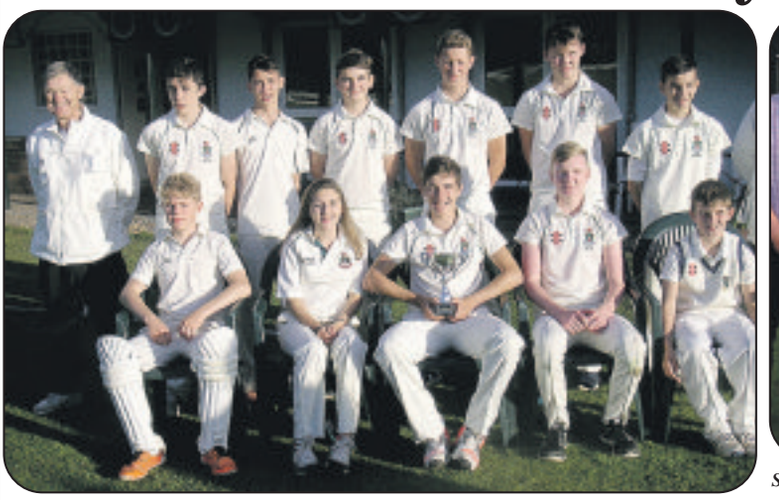
Our thanks go to Mark Ingram for the superb organisation and if that wasn't enough he with others provided help and support to Dave Orsnby and then later Mark ran the auction with great success as over £1,500 was raised for the family's two chosen charities.

On the Cowbridge side thanks go to Glyn Thomas for his organising and liaising, also to John Griffiths , Rich Taylor and others for their efforts to ensure the day ran smoothly.

Thanks go to those who contributed the auction prizes and those who bought them. Thanks to all the players and spectators. On a special but emotional day the thoughts of everyone was with Tom's loved ones.

RK/RV

Under-15s lift the county Cup!



Winning team: Back row (left to right) John Charles (umpire), Heath Webb, Tom Wood, Wil Davies, Quinn Silk, Sam Duncombe, Evan Pryce. Seated Harry Donethorne, Sian Russell, Sam Russell, Ben Morgan, Harry Treharne.

Sam Russell presented with the Peter Hardwick Cup by Lisvane junior co-ordinator.

THE delightful picturesque Lisvane CC was the venue of the Cardiff and Vale under-15s League Cup finals.

The A league final was between the host club and Penarth where Lisvane won comfortably. Cowbridge also played the host team in the B final for the Peter Hardwick Cup.

Put into bat on a sunny Sunday afternoon, the Cowbridge openers of captain Sam Russell and young Harry Treharne put on a stand of 37 in good time.

Sam was the first to lose his wicket caught at deep mid-on for 21. Harry took over the mantle of scoring quick runs with partner Quinn Silk and retired not out 30.

In fact Harry has been not out 31, 22 and here 30 since being promoted from the under-13s to open for the older age group.

Quinn and young Heath Webb put on an useful partnership of 30 before the former was bowled for 13.

Harry Donethorne joined Heath to continue the striking with Heath eventually caught out for 15 runs. Sam Duscombe joined Harry 16 not out to finish the innings on 132 for 3 in the 20 allocated overs.

Lisvane had no answer to the pace of opening bowlers Sam and Quinn with the former taking a wicket with his first ball and another in his second.

Quinn likewise took one in his second over but the introduction of Heath Webb who bowled a double wicket maiden in his first over put paid to any Lisvane resistance.

Evan Price took a wicket with his first ball as did Sian Russell who also got another in that over.

On came Ben Morgan to finish the innings with Lisvane all out for 22 runs and a 110 run loss.

Congratulations to the whole team for keeping their best performance until last in an undefeated season of nine games.

A special mention to Sam Russell for captaining the side with so much maturity for a youngster. He tried to involve all the players in all the games which is quite difficult to achieve.

HW